CHILDREN

The PARENTS' Magazine

MAY 1929
25 CENTS

Unspoiling the Spoiled Child

By Dr. ALFRED ADLER

And 25 Other Features on Rearing Children from Crib to College

Every child *must be given the chance to grow strong . .*

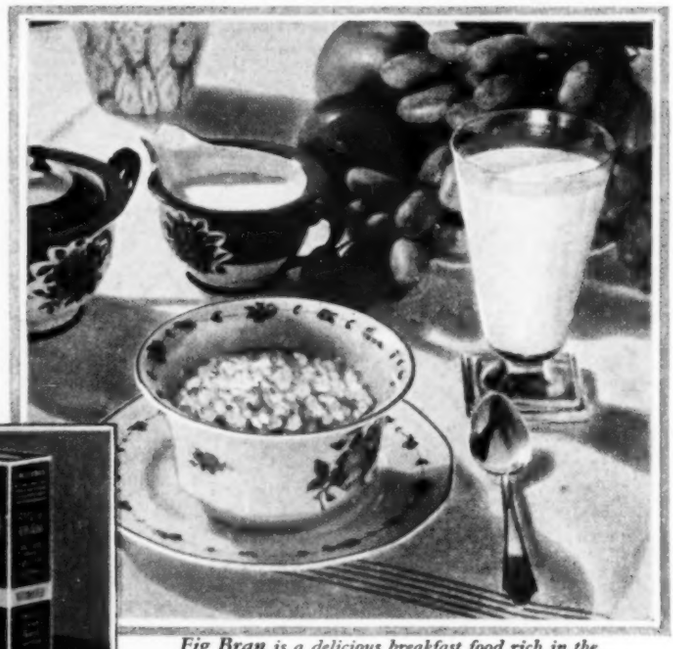

Fig Bran is a delicious breakfast food rich in the three great food elements every growing child must have. Featured this month at all Health Food Centers.

YOUR CHILD can have sturdy, straight legs, good white teeth, rosy cheeks and sparkling eyes. But only the right kind of food can give them to him.

At Battle Creek, food specialists have spent years studying child feeding. As a result they have made nourishment more easily and appetizingly available. Food-lime for strong bones and good teeth, food-iron for red blood and Vitamin B for vigorous growth are offered in the most delicious cereals, food drinks, and wafers.

Especially popular is Fig Bran. Children and adults as well, love its flavor of parched bran and luscious California figs. This tempting cereal is so high in food value that it helps to make up the deficiencies of the modern diet. In a healthful, natural manner it aids in regulating body functions, and makes it easier to keep fit. Pale children and invalids need the nourishment of Fig Bran. It is ready to serve anytime.

At the famous Battle Creek Sanitarium and similar institutions all over the world, Fig Bran is served daily. Together with the other foods in the Battle Creek line, Fig Bran is sold by your local Health Food Center—usually the leading grocer. Ask him to show you the variety of good things that mean so much to the fullest enjoyment of life.

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PROTOSE—Vegetable meat rich as choicest beef.
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LAXA—Crunchy biscuits of bran and agar.
LACTO-DEXTRIN—Refreshing anti-toxic colon food.
PSYLLA—Seeds that supply bulk and lubrication.
PARAMELS—Creamy caramels of mineral oil.

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2. Tuck them into bed early—and leave for twelve hours of quiet, restful sleep. Windows wide open.
3. In the morning, dress them lightly and set at a table in the brightest, cheeriest corner of the breakfast room.
4. To each child, add the following: 1 small cup orange juice . . 1 steaming dish of delicious, nut-brown Wheatena with milk . . several slices of crisp, crunchy whole-wheat toast.
5. Remove children to grassy field. Add a kite, a dog or so, and mix thoroughly.
6. Cover children with a blue sky and leave in the sun until brown.

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"FROM CRIB TO COLLEGE"

May, 1929

Vol. IV No. 5

The CHILDREN'S PARENTS' Magazine

(Title registered U. S. Patent Office and in Canada)

Fathers!

The articles below marked with asterisks are of particular interest to fathers.

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* *Of special interest to fathers.*

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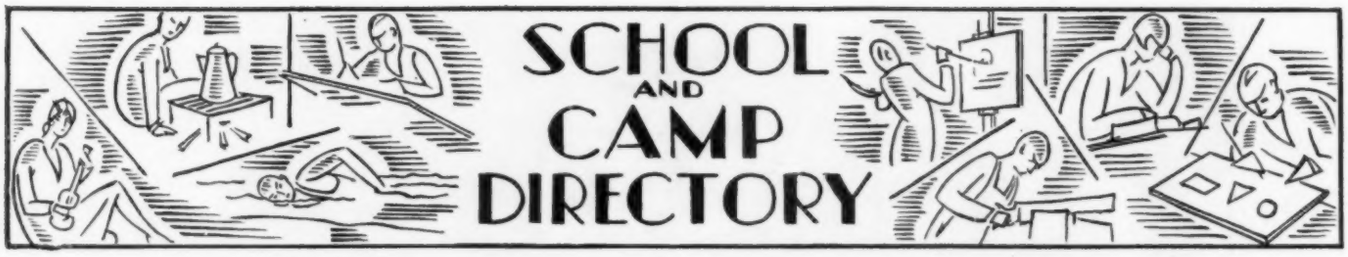

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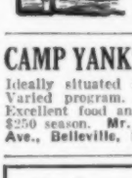

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2356

Why Not Parents' Day?

An Editorial Message

By GEORGE J. HECHT

President of the Parents' Publishing Association, Inc.
Publishers of CHILDREN, The Parents' Magazine

THE second Sunday in May is Mother's Day. By an act of Congress—passed in 1912—the American flag must be displayed on that day on all government buildings. But in spite of the fact that such national recognition has been accorded the day, it is undoubtedly true that there is wide difference of opinion in regard to it. There are those who see it merely as a mawkish, sentimental affair that would best be ignored. Others point cynically to the commercial aspects involved in its observance. In contrast to these critics of Mother's Day, there is a great body of people who feel that it is a beautiful and happy custom to set aside a day in loving remembrance of all mothers.

Can these divergent points of view be reconciled? Can this second Sunday in May become a day that all of us will be eager to observe? We believe it can and that this would best be accomplished by giving the day a broader significance. On this day it is parenthood which should be honored—not mother alone, but mother and father together for their joint share in home-making and child-rearing. The father's contribution to family life has too often been considered merely a financial one. But with a better understanding of the importance of family relationships has come the realization that the father exerts a strong influence on the lives of his children. A Parents' Day would foster in children a proper recognition and appreciation of the unselfish devotion and self-sacrifice of both mothers and fathers.

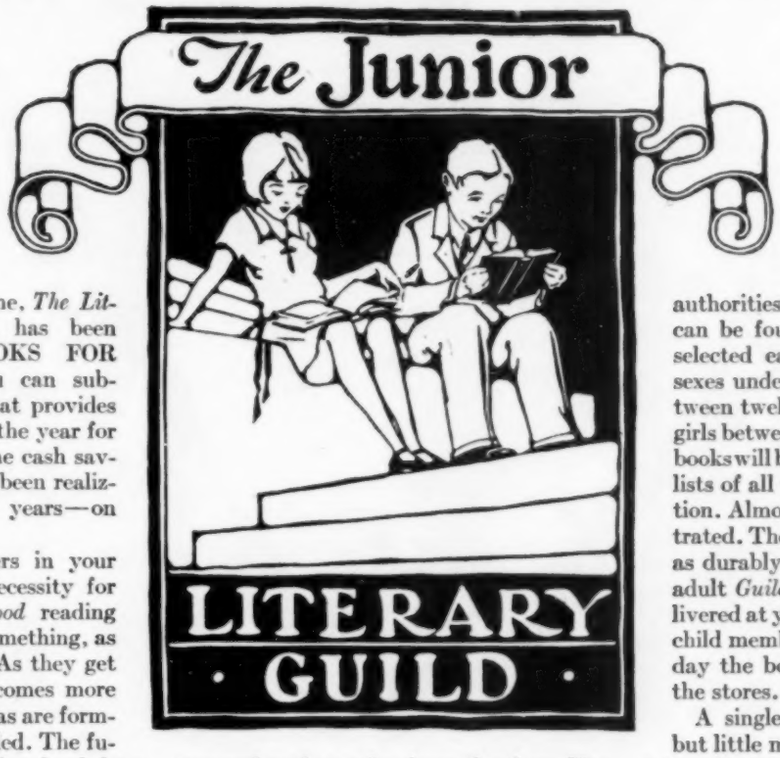
But even more important, the public observance of a Parents' Day would serve to emphasize the responsibilities of parenthood. The old idea that parents were to be revered merely because they were parents is fast disappearing.

Mothers and fathers everywhere are realizing that they cannot rely on instinct and love alone in bringing up their children. Today we have a science of child-rearing. Doctors in their practice, bacteriologists in their laboratories, psychologists in their clinics, teachers in their classrooms, visiting nurses and social workers in their rounds, are all finding out things vitally important for parents to know and to practice. A number of our great universities have recently established institutes of child development research. The important findings of these institutions should have the widest dissemination among parents everywhere. A Parents' Day would serve not only as an occasion on which children would express filial love and respect, but also to emphasize the widespread need for parental education. We vision the various agencies that are concerned with parental education, the churches, schools, and all other great organizations that have the welfare of the American home at heart, developing a constructive and impressive program for Parents' Day.

We have no quarrel with the fine sentiment that creates a Mother's Day but we feel that the significance of that day will be immeasurably greater if Mother's Day becomes Parents' Day—its dual purpose, the honoring of their parents on the part of children and the dedication of fathers and mothers to the great ideal of creating throughout the country an enlightened parenthood.

"The future of the race marches forward on the feet of little children"—*Phillips Brooks*

Now You Can Save Money on the Best Books for CHILDREN



Now, for the first time, *The Literary Guild* plan has been adapted to BOOKS FOR CHILDREN! Now you can subscribe to a book club that provides the twelve best books of the year for young readers at the same cash saving Guild members have been realizing for more than two years—on adult books.

If there are youngsters in your home you realize the necessity for providing them with *good* reading matter. They *will* read something, as soon as they learn how. As they get older *what* they read becomes more important every day. Ideas are forming. Lives are being molded. The future of America is in the hands of these boys and girls. Their own future is at stake. The obligation is *yours!* YOU must see that their reading fits them for life, that it gives them no false notions or distorted standards of reasoning.

From the first fairy tale to the first "grown-up" novel the books children own and read must be chosen for them. You cannot read every book before *they* read it. But you can have the same feeling of safety that practice would give you by enrolling your children in *The Junior Guild*.

Until an adequate Editorial Board is elected, the books will be chosen by Carl Van Doren and his associates, aided by the best authorities on children's reading who can be found. Three books will be selected each month, one for both sexes under twelve, one for boys between twelve and sixteen and one for girls between twelve and sixteen. The books will be carefully picked from the lists of all publishers before publication. Almost all of them will be illustrated. They will be bound in cloth, as durably and distinctively as the adult *Guild* books. They will be delivered at your door, addressed to the child member, postpaid, on the same day the book is released for sale in the stores.

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When It's May

Photograph by Ruth Alexander Nichols

Unspoiling *the* Spoiled Child

Give each child an equal chance and teach him that success is not a gift but an accomplishment

By ALFRED ADLER, M.D., LL.D.

Physician, psychiatrist, author, founder of the behavior clinics in the public schools of Vienna, lecturer at the New School for Social Research, New York City. Author of "Understanding Human Nature"

IT often happens that one child in a family usurps the center of the stage much to the detriment of the other members. Why is Tommy a braggart? Why is Mary always the self-appointed leader in games, while Josephine sulks because she cannot keep up with her agile and bossy sister? Why is one youngster easy to manage while another is rebellious or sullen? Among the problems which perplex and baffle parents here is one with which they especially need help.

Children occupy important or prominent positions in their families and their homes for a variety of reasons. Sometimes it is because they are beautful, sometimes because they are talented, sometimes because they are spoiled. Stress may be laid upon a child's importance if he happens to be an only child or if his birth has followed the death of another beloved child. It may chance that the child is the only boy among girls or the only girl among boys. In this way also undue importance is often achieved by him.

Or it may be that one of his parents is unduly prominent in the home; the father because of his mind, his money, or his power; the mother because she is beautiful or talented. Children may be used to hearing visitors exclaim, "What a lovely voice your mother has!" "Aren't you proud of your father? He is the most popular man in town." Often they become sensitive to this situation and grow restive and unhappy under it. Whether it is father or mother or a child who is in the limelight, the other members of the family, especially the children, feel thwarted and a sense of inferiority develops under such conditions.

It is surprising how often teachers "play favorites" among the youngsters in their classes. They heap too many attentions upon one child. If the youngster is clever, well mannered, good looking, unusual in any way, he becomes the recipient of the teacher's special notice and, as in the home, the other children are soon conscious of this inequality of attention. They realize that the favored child is far ahead of them in certain ways, they resent it, grow discouraged, and seek escape.

This escape assumes various forms among the less favored children in a family. Because of their sense of inferiority they become peevish, restless, lazy, indifferent, and if the tendency is not checked are in danger of later becoming neurotics, criminals, or otherwise unhappy, unadjusted persons.

The results of such a situation are often just as disastrous for the favored or prominent child. Since attentions are heaped on him at home, he grows accustomed to having everything made easy for him and expects it of society. Because he has heard his parents say, "Isn't Bobby handsome?" or "Did you ever know a brighter child?" he looks for the same petting and admiration from the world. He expects society to receive him with open arms. But society does not always bow down to beauty and talent. If Bobby is not met with adulation by the world, he does not understand why. He becomes disappointed, is apt to weaken and seek compensation or escape in various ways, as do his less favored brothers and sisters. His whole training has been against strengthening his moral fiber to meet just such an issue. We wonder why so many handsome, talented people become worthless, turn into criminals or neurotics or go insane. In the poor training and over-attention received by the favored child at home and in school lies the reason.

If the prominence of such a child is considered by his family, by his teachers, by society to be due to an inherited trait of nature, nothing effective can be done to correct it and his situation becomes dangerous. There are many examples of this in families. One boy who came under my attention studied agriculture and was very successful in his work. His younger brother had the example of the older one held up to him continually by his parents and teachers. "Look at the wonderful work James is doing. Isn't he a bright boy, and don't you want to be like him?" was continually dinned in his ears. Finally he disliked what he heard so much that he refused to be a student, took refuge in being ignorant, and became an ordinary gardener. It was his way of escape. The children who are not so brilliant as the ones held up as examples hate to have the success of their brothers or sisters emphasized and react by refusing to come up to the standard they might otherwise have attained.

There are countless cases of this sort. I think of a boy who was the youngest member of his family. All his sisters and brothers had excellent positions in life. He heard constantly about their success, until he was disgusted. When he grew older he (*Turn to page 72*)

Boy in a Green Cloak

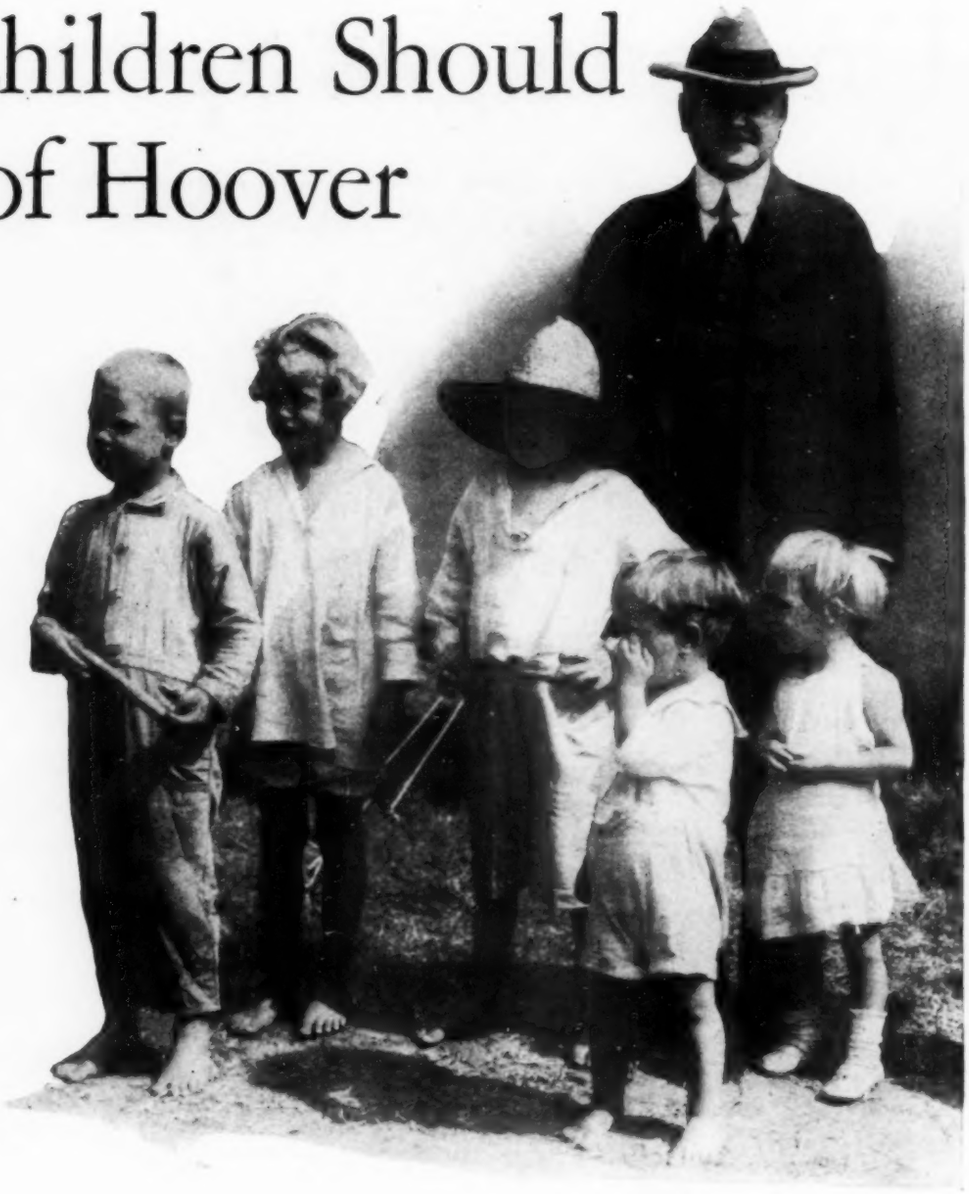
By SARAH LITSEY

KNOWING him less than summer, less than fall,
I cannot claim I know him not at all,
But I am more acquainted with the stern
Friendship of winter. I can never learn
The meaning of his brief, impetuous ways,
The sudden passing of these breathless days
When trees and fields and the faint green they bear
Take on the frail elusiveness of air.

Summer has held me long upon her breast.
Autumn I've loved and often I have pressed
My hand to winter's hand and known him true,
Yet must I pocket pride and still pursue
This startled, strange, evasive boy I've seen
Running the hills, trailing a cloak of green.

What Children Should Expect of Hoover

A Friend in the White House is the crying need of the children of this nation. Their very lives depend on whether or not the President gives his vigorous endorsement to certain important measures for child welfare that now face this country



IN the long run, a country ought to be judged by the way in which it treats its children. Its institutions, its customs, its legislation, its courts, its social order as a whole, may justly be tested, praised, condemned, from the point of view of whether they contribute to the welfare of the child. There is nothing new, or startling, or revolutionary about this idea. It was set forth long ago by One who proposed to make treatment of children the final test of judgment.

Business, industry, agriculture—all profess tremendous concern in the choice of a President for the United States. But what is their concern compared with that we should all feel for the health and safety of the children of this nation? Surely the first duty of a president should be to assure them protection and care. It is a shocking fact that the last census reports that in this country one baby out of every 16 born in 1927 died before he reached one year of age. This was in the so-called birth and death registration areas. There are still four states in which there is no registration; that very fact suggests laxity in all such matters; the probability is that if we had figures from those states the showing would be even worse.

So, let the business men, the manufacturers, the farmers, look with what solicitude they may at the President who just now has entered the White House; only in a metaphorical sense does he represent life or death to them. But to 65 (64.9 to be exact) out of every 1,000 infants it is a desperate matter, whether President Hoover makes the most of his tremendous opportunity in their behalf. It is every person's business, to be sure, to do what he can to leave the world a little better than he found it; it is peculiarly the business of the President of the United States to lead in making the country a better place in which to be born.

More than any other President, Herbert Hoover is on record as the children's advocate. Countless thousands of children in Germany, Belgium and other parts of Europe owe their lives today to the work which he directed. In his capacity as the first president of the American Child Health Association he said:

"The time has come when we as a nation should embody into our articles of faith a pledge to conserve and develop our basic asset of childhood, and that we should seek ways and means to apply on a broad scale helpful measures which have attested their worth on a small scale. Our democracy will have finally proved itself when it recognizes the rights of the child equally with the rights of the adult citizen. . . . We are an energetic and progressive people. We are dissatisfied today with the conditions of yesterday and we see a tomorrow in which the visions of today become realities."

Natural resources, immense business interests, teeming industries, depressed agriculture—all these are concerns to which the President must devote his attention and all

By
JOHN
PALMER
GAVIT

One out of every sixteen babies born in this country die. Shall we decrease—as is threatened—federal appropriations for the reduction of infant mortality?

The Children's President: President Hoover's past record suggests the title. Will his future policy establish it?

Photograph above, A. T. Beals, Courtesy Henry Street Settlement; at left, P and A Photos

he has of wisdom and counsel; but he himself has pointed out the "basic asset" of the country; its emergent, ever-renewing childhood.

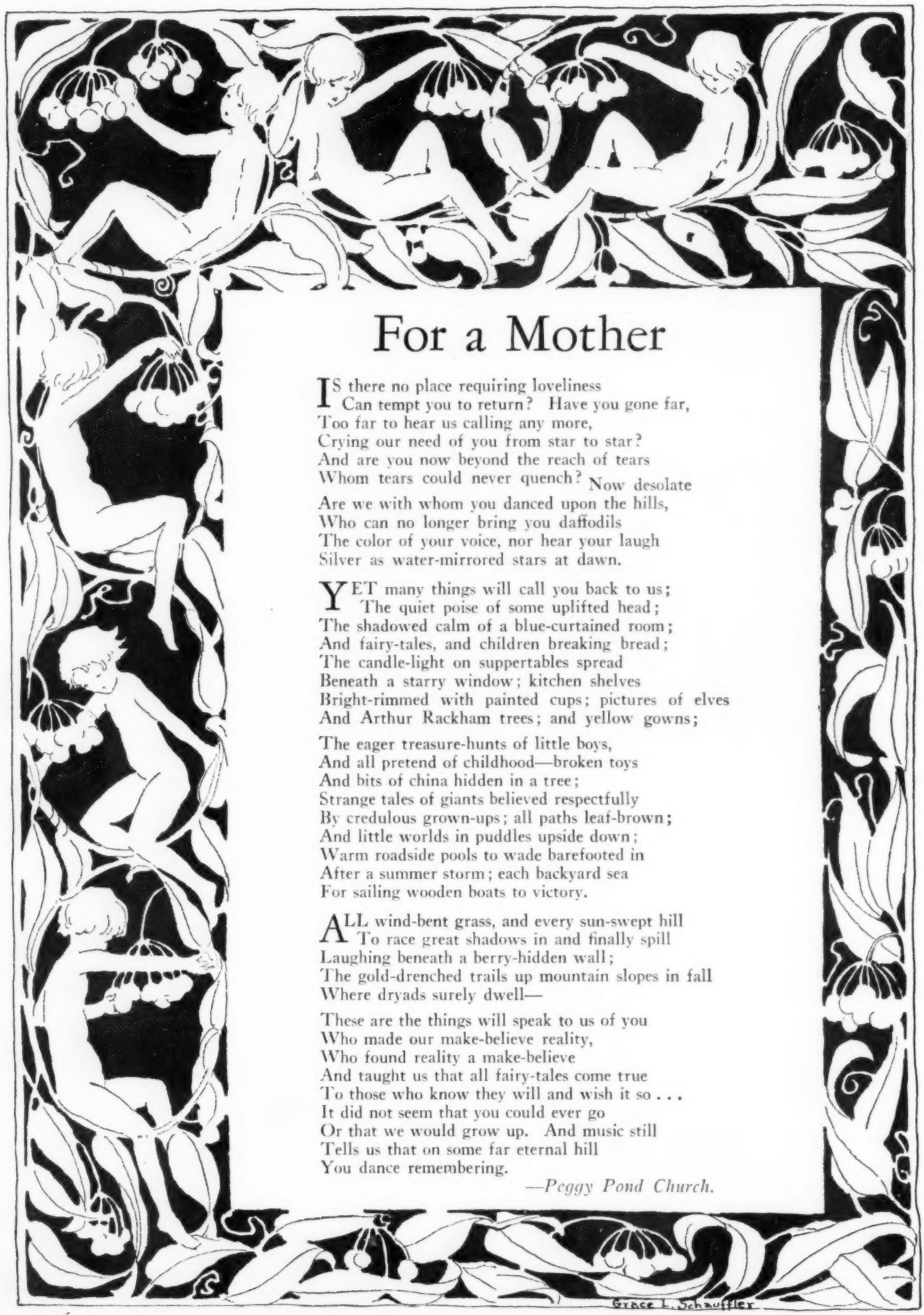
As he enters upon his task, President Hoover finds already flourishing in Washington a variety of activities in the interest of better conditions for children and mothers. Their continuing effectiveness depends chiefly of course upon support by Congress, driven by intelligent public opinion. That opinion is hampered by the fact that these activities are comparatively little understood by the mass of the people. It depends therefore largely upon the vigor with which the President exercises his leadership, makes occasion to inform and inspire the people in their own behalf—in behalf at least of the children whose lives depend upon governable conditions. Broadly speaking, the President can compel Congressional action, and he is to a very great extent responsible for execution.

Most conspicuous of all the legislation in the children's behalf is the so-called Sheppard-Towner Act, otherwise known as the "Maternity Bill." For some eight years under this act, the Federal Government has been giving moral and financial aid to the States in their efforts to spread hygienic information, designed to reduce the maternal death-rate and to favor the production of healthier children, children who stand a better chance to live. Thanks to this federal aid, expectant mothers living many miles from trained nurses and even from physicians, have received up-to-date, scientific information by mail. For them, as well, motor-trucks, manned by pediatrists and doctors, have made their rounds through country districts, examining children and giving free advice. It is for them that pre-natal clinics and children's clinics have been conducted. It is for them that graduate courses have been given by the government to local physicians, nurses and midwives. Doubtless it is largely due to this aid that the first-year infant mortality is dropping. For disgraceful as was the 64.9 deaths for every thousand babies born in 1927, that of 1926 was nearly 74 per thousand. Even so fast does intelligence do its work.

This beneficent act expires by limitation this June. So much the opponents of the measure were able to accomplish. There is pending the so-called "Newton Bill," which would continue the work done under the Sheppard-Towner Act. Its enactment is probable, because it has the vigorous support of such forces as the League of Women Voters, the Maternity Center Association, the American Association of University Women, the General Federation of Women's Clubs, the National Conference of Parents and Teachers. It is surely safe to say that it will have the support of President Hoover, for it deals with the "basic asset."

President Hoover will hear, and heed, the appeal of the Children's Bureau, under Miss Grace Abbott, for the means to increase the effectiveness of its work. Under Miss Abbott's leadership half a dozen independent but allied investigations are in process. Here is a group of trained observers studying the causes of rickets in children, the relation of diet and unobstructed sunshine to its cure; there is a group co-operating with the Yale School of Medicine to determine the principal dangers to infants in the first month. Here heads up the investigation of the relationship between the health of the child and the employment of the mother. And all the while the Bureau is looking into the causes of juvenile delinquency. One branch of the Bureau devotes itself to the thousands of requests from local authorities for information concerning state aid to dependent children. All these things cost money. Members of Congress with little vision, and the people behind them who do not see the importance of these endeavors to the common welfare, have to be taught and prodded. The children of this country ask President Hoover to help the people to remember that children, not dollars, are the "basic asset."

Uncle Sam has some children (*Turn to page 76*)



For a Mother

IS there no place requiring loveliness
Can tempt you to return? Have you gone far,
Too far to hear us calling any more,
Crying our need of you from star to star?
And are you now beyond the reach of tears
Whom tears could never quench? Now desolate
Are we with whom you danced upon the hills,
Who can no longer bring you daffodils
The color of your voice, nor hear your laugh
Silver as water-mirrored stars at dawn.

YET many things will call you back to us;
The quiet poise of some uplifted head;
The shadowed calm of a blue-curtained room;
And fairy-tales, and children breaking bread;
The candle-light on suppertables spread
Beneath a starry window; kitchen shelves
Bright-rimmed with painted cups; pictures of elves
And Arthur Rackham trees; and yellow gowns;

The eager treasure-hunts of little boys,
And all pretend of childhood—broken toys
And bits of china hidden in a tree;
Strange tales of giants believed respectfully
By credulous grown-ups; all paths leaf-brown;
And little worlds in puddles upside down;
Warm roadside pools to wade barefooted in
After a summer storm; each backyard sea
For sailing wooden boats to victory.

ALL wind-bent grass, and every sun-swept hill
To race great shadows in and finally spill
Laughing beneath a berry-hidden wall;
The gold-drenched trails up mountain slopes in fall
Where dryads surely dwell—

These are the things will speak to us of you
Who made our make-believe reality,
Who found reality a make-believe
And taught us that all fairy-tales come true
To those who know they will and wish it so . . .
It did not seem that you could ever go
Or that we would grow up. And music still
Tells us that on some far eternal hill
You dance remembering.

—Peggy Pond Church.

Business Success Depends on Home Training

Habits of self reliance, dependability, courtesy and punctuality acquired in childhood spell success in later life

By J. GEORGE FREDERICK

President of the Business Bourse

THESE are days when no one doubts the importance, the far-reaching effect of a child's early training. Who, then, can doubt that the great business executive's capacities may be fostered in these early years of his life? Recently Professor Harlan C. Hines, occupying the chair of Educational Psychology at the University of Cincinnati, said:

"The family as a social institution has lost much of its holding power, due to the many well-known causes for disruption and disintegration, yet, despite changing conditions, there is still a considerable amount of family life, and we may start with the assumption that successful executives are to be chosen among those with a good background of home experiences. The poorer the home training the less likelihood for ultimate success in business, even though a sound business training in a measure may have offset these shortcomings."

Knowledge of the business world and experience in judging executives and inducting young men and young women into business confirm this statement. The difficulties business men have with the young raw material of business can certainly be laid in large measure at the door of the home; it can be laid to the lack of that early mental discipline and training, the lack of which it takes years of employers' efforts and expenditure to correct.

Business men with whom I have talked agree that home life, and home examples and experiences, have a more lasting influence on the child mind than have all the early years of schooling. The kind and degree of shaping done in the home when the boy is small has much to do with the kind of business man the boy may become.

Of course, there are exceptions to every rule, and there are children who exercise an inborn tendency to self-government, and in spite of the most discouraging environments develop into able business men. But, as often as not, this is due to being thrust out early into the business world and responding to the vigorous discipline there afforded. The very fact that young men in good homes are *not* thrust out early into the business world but continue for years under the guidance of parents and large universities gives this subject added importance.

Many young men become fatally softened and spoiled for business through the very kindness and nurture which parents so tenderly provide. Parents do not always realize that it is not their function to shield a boy from the practical realities of life, but to prepare him for them, step by step. Some parents do all they can to spoil the material for a good executive, and then throw him into an overcrowded school and expect the miracle to happen there. Many continue their softening influence up until his entry into the business world, thus doing much to increase the problems of business and delay still more the young man's economic coming of age.

It is necessary, therefore, to inculcate the idea of purposeful training in the child mind as early as possible; to lay some solid foundations for a life of business. This does not mean anything more technical than, for instance, a sense of thrift. It can be developed as soon as the child is able to conceive material differences, values, contrasts. Alertness, observation, too, may be developed by various games, exercises, and occupations. A related sense of discrimination is important; a knowledge of what makes the difference between what is and what is not serviceable or valuable is less common than might be supposed.

How often in business one hears the complaint—particularly of college trained young people—that "educated" though they be, many have no grasp of relative values, may even lack "common sense," and simple capability. The reason for this is that they have been living, almost literally, in a world of fantasy. No one has told them that they must "come down to brass tacks" and do what a carpenter must do: make things "join up." They are not even competent observers of what is going on around them. They lack even a bootblack's tactile and visual sense of co-ordination which expresses itself in his case in relation to the shoe, the blacking and the shiner. Their sense of time and space and relative values is as dull as a papier maché hatchet.

A mother or father who knows—as the mothers and fathers of nine out of ten boys must necessarily know—that their sons are destined for the (*Turn to page* 57)

If Your Child Is--

Under 5 years: You will want particularly to read the features beginning on pages 16, 19, 20, 26, 29, 30, 31, 32, 33, 34, 38, 40, 62, 65, 67 and 81.

Between 5 and 10 years: You will want particularly to read the features beginning on pages 16, 19, 20, 23, 27, 29, 30, 32, 33, 34, 36, 38, 40, 56, 62, 65, 67, 71, 78 and 81.

Between 11 and 18 years: You will want particularly to read the features beginning on pages 16, 20, 23, 24, 32, 33, 34, 36, 38, 40, 56, 62, 65, 67, 71, 78 and 81.

AS children grow older they constantly present new problems. You will want to inform yourself in advance in order to meet them successfully. A single article is apt to give you ideas which may have a lasting influence on the health, happiness and character of your child, or on your relationship with your boy or girl.

The Ups and Downs

A woman doctor discusses the difficulties that come at this age and tells how parents can help their children meet them

An old, old story for which parents are apt

SOME ONE has called adolescence "the perking-up period." Any parent who has lived through this phase of development with his boy or girl will realize the patness of the expression. The sudden interest which these children show in clothes, their eagerness for self-expression as shown by the frequent practice of keeping diaries, their desire to try out their strength in competitive sports, are all indications of a general perking up which takes place in the young people of this age.

But adolescence is also a slumping-down period. Anyone who comes in contact with these in-between, half-grown children knows how assiduously they avoid all work, how prone they are to day dreaming, how indifferent they are to the grades they get in school. The person who does not understand is tempted to dismiss them all as just plain lazy, and let it go at that.

In trying to understand the adolescent boy and girl we find in these two phrases—"perking up" and "slumping down"—a clue to the problem. The adolescent is in a state of emotional instability. He is either up or down. One minute he soars to great heights of romantic glamour, the next minute he is in the depths of unrelenting despondency. It is for him a period of uncertainty, when he suddenly sees himself as an individual, a personality, and in consequence his relation to the whole group changes. He must try himself out in this new world that is opening before him, and insofar as he is successful, he is up; when he fails, he is down. He rebels at every turn against the authority of his parents, for this new feeling of power and self-importance makes him anxious to direct his own life. The adolescent clashes with his home, and will continue to clash, until parents learn to help him weather this critical period of readjustment.

Children must all go through this trying time of ups and downs because of very important underlying physical causes. If parents would stop to consider what is going on in the bodies of these young people they would not be surprised by any of the outer manifestations which these inner changes may have. They would not be disheartened by the depressed moods, or unsympathetic with the tendency to escape from reality.

What is actually happening inside these youngsters? And what effect do these physical changes have on their minds and on their dispositions?

Essentially, the period is one of rapid growth. The girl, at the age of about ten, the boy, not until nearer twelve, suddenly begins to shoot up. There is a decided acceleration of the growth rhythm. Together with the increase in height there is a gain in weight which amounts to twenty or thirty pounds in the next two years. Thus it becomes necessary for the adolescent suddenly to adjust himself to a new and much larger body. Hence his awkwardness and his self-consciousness. Also, let it be remembered, he uses a great deal of energy in this growing process, which largely accounts for his seeming laziness.

This acceleration of growth affects every organ in the body. The bones and muscles lengthen out at a remark-

# of Adolescence

By
BARBARA
BEATTIE,
M. D.

Illustrated
by
H. M. Bonnell

Parent-Teacher Associations, Mothers' Clubs and Child Study Groups are invited to use this article and the outline for study on page 81 at their next meeting

to find themselves astonishingly unprepared

able speed, the heart doubles in size within a few years' time, but the greatest departure of all in growth takes place in the organs of reproduction. Each sex develops along its own lines, so that there is for the first time, a real differentiation between the two. In girls, the appearance of menstruation is an obvious reminder of approaching maturity, and one which may be fraught with serious emotional upsets unless a wise mother has previously told her daughter what to expect. In boys, there is nothing of such a striking nature, although the presence of secondary sex characteristics, such as hair on the face and the deepening voice, are evidences of the changes within.

These changes bring with them a curiosity about sex matters which should be satisfied in a straightforward, matter-of-fact way. The manner in which a child should be given sex instruction is not within the scope of this article, but parents can get help with this problem from the many books and articles now being written on the subject. Certainly there is no excuse for the modern parent who shirks his responsibility in this all-important phase of a child's growing-up process. But sex instruction, to be adequate, must begin long before adolescence. A child who receives from his parents frank, unevasive answers from the time he first begins to ask questions will not find it necessary to seek the whys and wherefores of life from undesirable sources. When the little boy down the street tries to tell him where babies come from, he will probably answer him as did one little patient of mine, "Oh, sure, that's nothing! My guinea pig had babies that way twice!"

The inner changes that come with adolescence bring also an interest in members of the opposite sex, an interest which should be understood by parents if the adolescent is to continue to look to them for sympathy and guidance. These new interests, if properly dealt with, will not alienate the child from his home, but will show him that his family is understanding and that home is a place where both his boy and girl friends are always welcome. If this is the attitude his parents take, the adolescent will never add to his other difficulties the loss of that sense of security at (*Turn to page* 46)

The Importance of Being Uncle

By HAROLD SMITH

Illustration by Ruth King

Janet's wriggling feet beneath the blankets beat a tattoo against my heart, releasing a new emotion that nearly smothered me

THE dictionary defines uncle in two ways, namely, "the brother of one's father and mother," and, "a diminutive suffix; as carb*uncle*."

Whichever way you take it, uncle appears to function merely as an accessory after the fact, and I suspect that that portion of the world at large which revolves about Janet will always look upon me as a mere diminutive suffix—"Janet's uncle."

The title is satisfactory. I feel, somehow, that it is far better to be known as Janet's uncle than, for instance, as a carbuncle, and I shall be quite content with whatever reflected glow the term may shed about me.

My own definition, however, is much simpler. It says nothing about mother or father or carbuncle, but deals directly with the principals involved and flatters my ego by playing up to the party of the first part thus: "Uncle —one who has a delicious little particle of humanity called a niece."

I have been an uncle for several months, but the full importance of the title and the overwhelming responsibility which accompanies it came suddenly as a revelation. Of course I was thrilled by Janet in a wondering, curious sort of way the very first time I saw her cradled in the nurse's arms. Such a perfect miniature of the human form! Pug nose, round, shiny eyes, shell pink ears and perfect hands no bigger than the end of my thumb, with dimpled fingers and microscopic pink nails. A marvelously delicate work of art, to be watched and admired, but never touched, lest she break in my clumsy hands.

So I bided my time and paid homage from a respectful distance while she cooed and slept and cried through the first few months. It came one day when she made her first visit to our house.

When the car stopped in front of the door, I ran down to help them out and they put her into my arms. What a triumphal entry was that for us both! As I turned to mount the steps, I felt the rhythmic breathing of her little body through the clothes. Her tiny wriggling feet beneath the quilts and blankets beat a tattoo against my heart, releasing such a flood of new emotion as nearly smothered me.

INSIDE I pulled the things away from her face and said inanely to cover my confusion, "Well, Janet, here we are."

In reply she smiled engagingly up at me and murmured, "Ogaloo aloo," and finished with a little chuckle.

This phrase is not in the dictionary, but from her smile and her air of contentment, I think she said, "Well, uncle, you funny old duck, it's about time we became acquainted. I've been waiting ever so long to get into your arms."

In a moment they took her from me and carried her off upstairs, but the glow she kindled remained. It is, in fact, still there, and I have an idea, an earnest hope, rather, that the dent those tiny kicking feet made in my complacency will never be straightened out.

So I was brought face to face with the problem which every uncle sooner or later must meet; how to be a real uncle, a diminutive suffix to the word perhaps, but to Janet or Jimmy or the twins, as the case may be, a good, old-fashioned, dependable, lovable uncle.

At present the job is rather simple. Anyone, for instance, who can quack like a duck or meow or make queer clucking noises with the tongue can win, at this stage of Janet's career, a heavenly smile. I have a notion that even now my antics win the most appreciative approbation, but this, of course, is no time to assume conceit. At any rate, I have acquired these graces to some degree and, in addition, the art of holding the bottle at the correct angle so that she neither sucks air nor strangles. I have also become as skilful at piloting the baby carriage as at driving a car.

THESE practical aids, however, appeal to Janet's mother rather than to Janet herself, who accepts all such services quite as a matter of course, regardless of the instrument. But what of the time when her lips shall form the word "uncle" and her mind distinguish the personalities that hover about her? How then shall I make myself a "stout fella" in those eager eyes?

There is, I think, much to be said about and to uncles, but few, apparently, have said it. I can discover no textbook on the subject. The book (*Turn to page* 70)

Learning to Love Music

First Steps Toward Music Making Can be Taken at Home

By HARRIET AYERS SEYMOUR

Director, the Seymour School of Musical Re-Education

IF you ask the average parents their opinion of how music was presented to them in their youth, what is the answer? Much the same as their children's answer. Before taking music lessons they had really loved music, but the lessons had given them a "hate" on it. A woman usually says, "Oh, I loved music, but in spite of many lessons and much tiresome practice I never could really do anything and so when I married I gave it up." The result to this generation is that a great many parents are inclined not to bother with the musical education of their children. Yet there is always a deep note of real regret and a frank admission of disappointment. Parents are eager to find a practical approach to music. Indeed, everyone agrees that in this materialistic age we keenly feel the need of music—with which to maintain more beauty and harmony in everyday life both for ourselves and for our children.

We learn by our mistakes, and a great deal can be done and is already being done to preserve the love of music in the children of today. Music is a link between the inner life and the outer. Why torture little Billy by nagging him to practise? Why drag him to the piano to play his "piece" to company? The emphasis has been too much on the side of performance and too little on the growth and development of the child. The right approach is to realize that since music is a language of sound, one can only make a true contact by learning to be still and inwardly listen, and to think in terms of sound. To have a child learn to listen and to know how to guide that listening so that there is sequence and an underlying ideal of growth is the way to begin.

Little children love to sing. Start a singing hour with them and add a musical game or two to begin with. If you haven't a group of children in your own family, gather in your neighborhood children. You will be delighted to see how they respond. If your music is so completely submerged that you cannot easily play the songs and games yourself, resort to mechanical music. The phonograph and automatic pianola are now used so frequently in schools that there is a complete literature of good children's songs, games and folk dances to be had.

Get the children to listen for the swing of some simple song or game. A two-year-old child will respond by swaying his body from one foot to the other. Rhythm is the very life and soul of music. It is inherent to some degree in every child. What we want is to give the right stimulus for bringing out this inherent sense. Swinging gives the large rhythmic feeling underlying all music. Some children swing their arms—some their whole body. The form does not matter. It is the response in feeling and action through *listening* to the music that counts.

ANOTHER way of getting a rhythmic response is by the playing of different kinds of music, changing from skipping to marching. The great point to remember is that the children are learning to listen first. They listen and when they feel the rhythm they swing. Thus, the fact that there is always a big swing—out and back—underlying all music, is apprehended or awakened. Next, play the same music and let the children discover the time, which is the mathematical side of rhythm. For instance, the Blue Danube waltz swings out and back, and inside of each swing is three time. A march swings out and back—and inside of the swing you will feel two time. Have the children clap the time, with emphasis on *one*, and after a little ask them to count softly and feel whether it is three time or two time. Thus you have aroused in them the sense of rhythm and time. Naturally there is much more to follow, but given this start, love and interest and joy are going to insure further study and these simple drills can be varied and repeated.

Mothers who have studied music in the old way have at least the advantage of knowing what we mean by melody. The fault has been in stressing the *playing of melody* before making sure that it was really and truly

inwardly heard. The test is this: Try picking out a familiar tune on the piano. If you cannot do this, follow these simple drills given here before trying them with the children. So, mother, learn to distinguish a melody from within before you attempt working with the children. Take a very simple tune like "Hot cross buns" and play or sing it for the children. After swinging and clapping rhythm and time, ask them to listen to whether it goes up, or down, and let them make pictures on the blackboard to show the pitch of the tune. Every time you get the children together for a musical hour, work with these same principles, always adding a little something new. After hearing pitch, listen for the length of the sound—and make pictures like this — — ——— showing the relative length of sounds.

The ultimate outcome is that notation is learned "from within out" by listening, thinking and then making dashes which become notes. Then there's major and minor, to be listened to by playing major and minor chords, and asking the children what the difference is to them. A child listening to a minor chord responded with "I am alone in a desert." Through these listening games one can study the mind of the child and learn a great deal of what his mental and physical reactions are apt to be, and so help to overcome weaknesses such as tension and fear. Watch the pitch pictures of your children, and analyze them a little by this means. Quiet the bold ones and encourage the tense and timid ones. Through careful observation and guidance, you can improve your children and make of music a means of *real* growth, besides the fun which is the obvious result of this informal musical education.

THEN there is listening for the keynote, or as the children like to call it, the home-tone. As we all know, every tune has a keynote. One of the reasons why so many grown-ups have failed to learn to play by ear the tunes they like, be it a Wagner motif or Suwanee River, is that they have never been really conscious of the keynote. The simplest way of explaining it to a parent is that melody is always found in its relationship to the scale and that the first note of the scale in which the tune is written, sung or played is the keynote, as c d e f g a b c, is the c-scale and c is the keynote. In simple music this note usually *ends* the tune. Play part of an easy tune and have the children sing what they hear as the end of it or final note. Or, play a scale down to the last note, then let the children sing the final one.

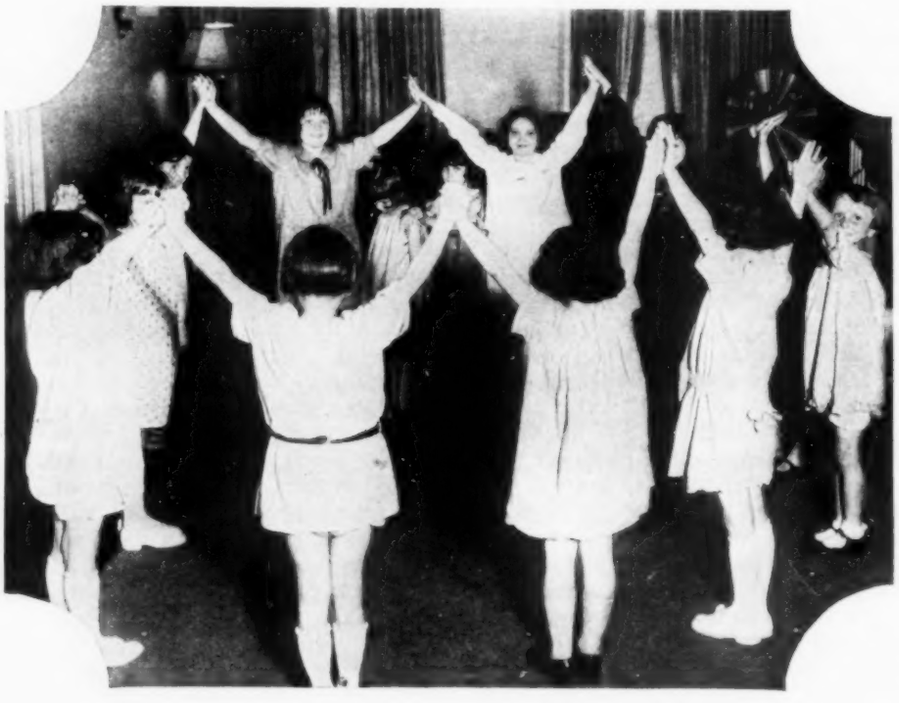
The ability to hear the keynote gives an anchorage to melody and helps later on in transposition and in remembering music. It is easy to remember music if you have actually heard it inwardly. Now comes the chance of some creative work. Some one has truly stated that we are at present trying to swing around in all education from the mechanistic to the creative. Let the children make up their own words and sing scales as tunes.

The child listens before he expresses his thought. Remember this when you set him to work on tunes. Begin by asking a musical question, i. e., sing a little tune that does not end and let him answer it, and so on, until he has developed confidence and concentration enough to hear his own tune and sing it to you. The purpose of this is not to create inferior composers, but to develop the creative ability of the child as a power to be used in life. Music presented creatively furnishes its own discipline. The power to be still, to listen, think and express what is true to us, means self-control.

THE principle underlying harmony is the same as that of rhythm and melody. It is that of inwardly listening before all else. The average person understands the term chords better than the more technical one of harmony. There are three fundamental chords. Sometimes boys will play just naturally the two chords that make the bass to "chop sticks." What we have not realized is that these two chords also underlie a great many dances and classics. The point is to learn to hear and distinguish these three chords. A mother can learn to do this by a little practice and the children hear these harmonies with surprising ease. The word harmony has meant to a great many of us hours of learning rules and writing notes with no particular practical results. The three chords can be inwardly heard and learned and these are easily, though sometimes slowly, added to melody and rhythm. All this is for the mother who has had some musical training, even if it was of the old kind. But what of those who have had none? Even as a means of "decorating the atmosphere," as someone has said, we feel deeply the need of it.

Here is where the phonograph, the player-piano and the radio come in. If I were a musicless parent, the first step I would take would be to collect some good phonograph records. Some quiet ones for bedtime and some gay ones for morning. Then some lovely songs to be played over and over until someone is moved to sing. The radio is another means

(*Turn to page* 50)



Why not suggest singing games to your children? You will soon find that little folks just love to sing

If you haven't enough children in your own home, gather in their friends to sing and play rhythmic games

Teach Your Child to Enjoy Milk

There are many different ways to serve it

By JAMES A. TOBEY, Dr. P. H.

MOST parents seem to be confronted with the vexatious problem of how to get their children to eat those things which they ought to eat. The solution of this serious difficulty is important, because the optimum health of the young child depends to a considerable extent on his proper nutrition. Good food, sufficient rest, and proper evacuation are three of the most significant items in the hygiene of the infant, the runabout child, and the school child. Practical suggestions as to how to induce your child to eat what he should eat are always of value.

The first thing for the parent to remember is to start as soon as possible to train the child how to eat, for the earlier you begin, the easier will be the task. Just as soon as the infant stage is passed and the child begins to take solid food, start him off correctly. Introduce cereals, strained vegetables, and fresh fruits into the diet gradually and in small amounts at first. The advice of your physician should be carefully followed at this time, for a good beginning at this transition period will mean the saving of much future trouble. Unlike other animals, a child apparently does not eat correctly by instinct after he passes the nursing stage, and he must be taught to acquire a taste for the right and not the wrong kinds of food.

As proud possessor of a fancy paper cup Bobby forgets that he refused to drink his milk

Milk slips down easily when sipped through straws

Ice cream or junket becomes a "picnic" when served in a paper container

The most important of all the foods for most children is milk, and so we may consider some of the ways and means to induce Johnny and Mary, Billy and Sylvia, to take that quart of milk which scientists declare should be in the daily diet of every growing boy and girl.

It is good news for the mother who is having difficulty in persuading the child to take his full quota of milk a day to realize that when a quart a day is recommended as desirable for every child, this does not mean that all of it must be in liquid form. It is, in fact, better if some of this quart of milk is included in other cooked foods, for solid food must comprise part of the diet. Thus, milk may be used in soups, custards, and cocoa. It may be employed in making such dishes as creamed chicken, creamed (*Turn to page* 74)

Treasures and Trash

It is a wise mother who knows one from the other, and who deals cautiously with both

By ROBERTA WAYNE

"WHERE'S my popsy? I put it here! Mother, did you see my popsy?"

Such appalling ignorance! I didn't even know what a popsy was! Being enlightened, I now know that a popsy is the "funny little thing" used in playing hopscotch. It is thrown down in the dirt at every hop, and accounts for the grimy hands that come in at mealtime.

This "funny little thing" may be a bit of colored glass, a button, a pebble, but in this case it was a square inch section of a silver mesh bag which some child had given my small daughter.

"And Mother," came a confiding whisper, "I'm sure it had magic! It was always lucky! It's the best popsy I ever had."

I, like a stupid monster, had picked up that precious thing and thrown it away as mere trash! Fortunately my box of odds and ends held an old silver mesh bag also, and a square inch section of it became another "magic popsy."

But there is a moral to the story: When you touch children's playthings, don't use your grown-up eyes and brain. Expect to find magic in everything that a child possesses.

I didn't get out of my difficulties so well when I consigned Mary Nanette to the flames. There was only one Mary Nanette! She had been a very lovely doll in her day. But she was old, her head was cracked, and, worst of all, she had begun to peel. But to her little mother she was the loveliest creature imaginable. None of the other dolls in her large family was so precious. Of course I didn't know this at the time, so I destroyed the ugly doll, thinking I was being kind to take away unsightly things from my child. That was three years ago. Dolls have come and dolls have gone, but she still mourns Mary Nanette and wonders what became of her. I've never dared to tell her.

There are some things that children cherish; other things that may be of more intrinsic value they give away without a thought.

It's the way with grown-ups too. I have among my possessions a certain little trinket that I have never been able to throw away or give away. It is of no value. But in an emotional way it seems a part of myself, and I am sure I would be grieved and probably indignant if anyone dared to destroy it. I imagine other people are like that—that many of us have such treasures hidden away.

I find that my little girl has "special" treasures. These are usually tiny things which she keeps in a jewel-box in her bureau. This is a sacred place. I would never dare to intrude. But by watching closely it is not hard to find out what she likes best. And if these things appear to me worthless, I give her opinion the respect I desire from her regarding my possessions.

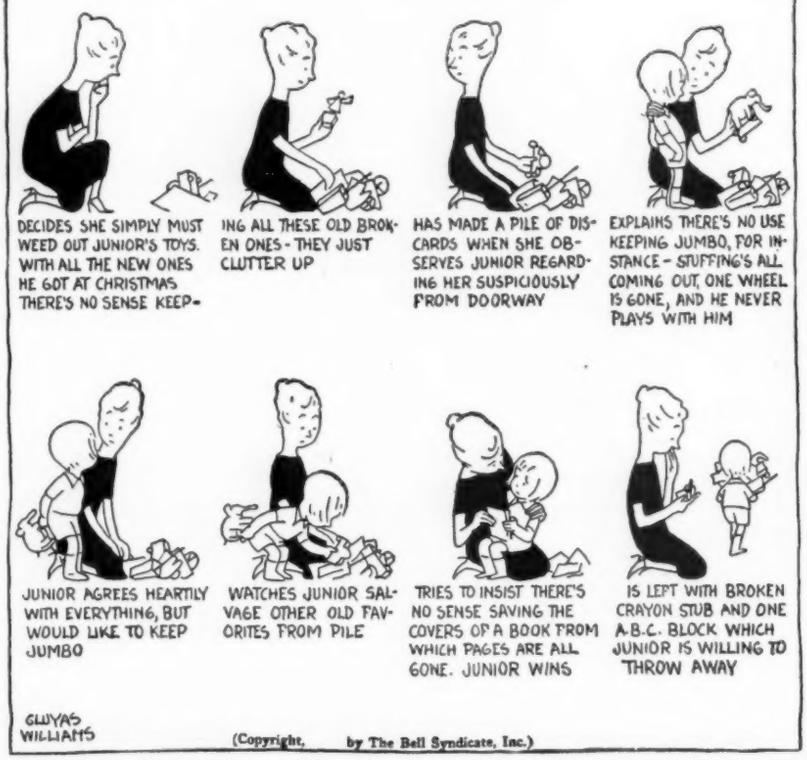
HOWEVER, clearing-up days must come. Parents would have to have homes the size of warehouses if they were to keep every scrap that a child holds dear. Play boxes and shelves overflow in an amazingly short time, and in order to pick our way across the playrooms something has to be done.

So we have a box for "Give-away Things." My little girl sometimes decides that she has outgrown a toy, or perhaps has never cared for it. It is in good repair. We put it in the box and have it ready when a call comes for toys for sick children or poor children.

I have also instituted "The Forgettery." It is another box into which I put everything that I, as a very sympathetic grown-up, but still a mere grown-up, think my daughter doesn't treasure any more. I put this box where it is easy of access. If she asks for anything I get it for her. But when these things are out of sight she forgets most of them. I keep them for months, and if she doesn't miss them, I feel free to dispose of them. If the time is long

(*Turn to page* 54)

SNAPSHOTS OF A MOTHER WEEDING OUT TOYS - By GLUYAS WILLIAMS


DECIDES SHE SIMPLY MUST WEED OUT JUNIOR'S TOYS. WITH ALL THE NEW ONES HE GOT AT CHRISTMAS THERE'S NO SENSE KEEPING ALL THESE OLD BROKEN ONES - THEY JUST CLUTTER UP
HAS MADE A PILE OF DISCARDS WHEN SHE OBSERVES JUNIOR REGARDING HER SUSPICIOUSLY FROM DOORWAY
EXPLAINS THERE'S NO USE KEEPING JUMBO, FOR INSTANCE - STUFFING'S ALL COMING OUT, ONE WHEEL IS GONE, AND HE NEVER PLAYS WITH HIM
JUNIOR AGREES HEARTILY WITH EVERYTHING, BUT WOULD LIKE TO KEEP JUMBO
WATCHES JUNIOR SALVAGE OTHER OLD FAVORITES FROM PILE
TRIES TO INSIST THERE'S NO SENSE SAVING THE COVERS OF A BOOK FROM WHICH PAGES ARE ALL GONE. JUNIOR WINS
IS LEFT WITH BROKEN CRAYON STUB AND ONE A-B-C BLOCK WHICH JUNIOR IS WILLING TO THROW AWAY
GLUYAS WILLIAMS
(Copyright, by The Bell Syndicate, Inc.)

The Cave

Imagination and an Indian blanket transform an ordinary nursery lounge into an adventure for three-year-olds

By Elizabeth McFadden

Illustration by Ruth King

"Talk to Indian more," he begged, "make him say 'Ugh'"

"I WISH," said Herhonor Hizmother, "that you would think up some way to keep That on the lounge in the interval between bath and supper."

"That" was a man-of-the-world aged three, a railroad engineer at the moment. Clad in pajamas and dressing-gown he was blithely laying out new trackage along the nursery floor.

"Why keep him on the lounge?" I queried. "A lounge is no place for an active man still in the full possession of his faculties."

A groan from Herhonor.

"But he's just out of his hot bath and the floor is draughty. I put him on the lounge and cover him up with his little Indian blanket but I can't keep him there while I go off to get his supper. The instant I turn my back he's down on the floor playing with his train. I think that's the way he gets colds."

She sighed.

"You started to bring him up by reasoning with him," I reminded her. "Why don't you explain to him about the draft on the floor and the open pores on the child?"

Another sigh.

"There seem to be some things I can't make him understand," she admitted, "but you, you write and make up things, I thought perhaps some way you could get it over to him."

"You want me to 'sell' him the lounge?"

"Yes. I've tried to give it to him, but he won't take it."

"Old story. Things that are dumped on us, or on which we are dumped are never attractive. Any selling talk? What goes with the lounge?"

"The Indian blanket and the pillows are all I have provided," returned Herhonor crisply. "What else should go with a lounge?"

"IT depends on the lounger," I retorted. "A lady likes a nibble and a novel, a gentleman takes comfort in a pipe and paper. But Snicklefritz here is expected to take his straight and think on Lovely Things. It isn't enough."

"Give him anything you like from a spanking to my pearl necklace!" hissed Hizmother in desperation, "I leave him to you."

She whisked out of the door and I heard her retreating steps as she went down stairs. I was alone with my problem.

The gentleman on the floor had already taught me several things. And one of the important lessons I had learned was to warn him first before trying to detach him from any engrossing pursuit. My study of psychology had taught me that desire checked by an obstacle created emotion. If I didn't want the storm of emotion then the trick was not to present the obstacle but to—change the desire.

I INSPECTED the lounge. A nice one, roomy and soft and not too fine for a nursery. Two stiff round pillows finished the ends and softer square pillows lined the back. I had an idea. We would have a nest. A nest? What does a man want of a nest? A "red-blooded He-man" who builds railroads! We would have a cave! A Cave!

The two long stiff pillows leaned against the wall and formed pillars at the back. Two chairbacks supported the Indian blanket draped over them in front. Presto! The soft pillows lined the bright warm walls of the little interior. Done!

I strolled out along the railroad track till I came to the place where construction work was going forward. The engineer was too busy to notice me. I waited respectfully till he looked my way and touched my temple in salute.

"Need a section hand, Boss?"

"Play train?"

His smile was radiant.

I shrugged my shoulders.

"Going to run your train through this storm?"

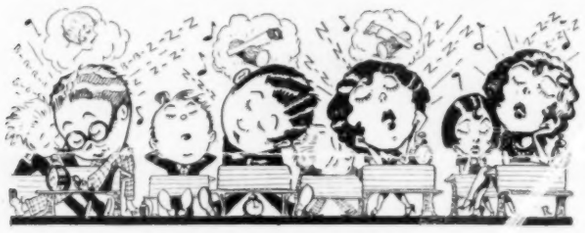
"Storm?" The Boss looked enquiringly out of the window. It was a lovely sunset after a summer day.

"Not out there. In here. In the forest where the railroad goes. Hear that wind (*Turn to page* 63)

Keep Posted!

News of the Better Parenthood Movement, Child Welfare, Education and Other Matters of Interest to Parents

A MEDAL for "distinguished service in parental education in the City of New York" was awarded Mrs. Howard S. Gans, for thirty-two years president of the Child Study Association of America, by CHILDREN, *The Parents' Magazine* and the United Parents' Association of New York at the closing session of the Parents' Exposition, held in New York City.



Forty Winks at College

NOT only children require naps but adults who are abnormally wide awake or physically below par need a rest during the day. The University of Texas found this true of many students—both men and women. These students are assigned to sleep one hour three times a week during the time usually given over to physical training.

What Is An Adequate Diet?

IT is possible according to nutrition experiments in the laboratories at Columbia University to be satisfactorily nourished on a diet of whole wheat and milk supplemented by mineral salts. Thus people's attention is called in the most pointed fashion to the exceptionally high efficiency of milk and whole wheat as food. One application of the results of these experiments to our own problems of physical well-being should be to make sure that our diets are more than adequate. As a food expert has well put it, "In choosing a liberal supply of foods in which we put plenty of milk, whole grains, fruits, vegetables and eggs, some meat, some fats and some sugar, we are guaranteeing health to ourselves and to our heirs."

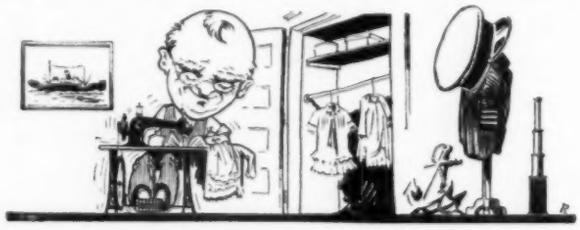
In Defense of Heels

MOTHERS of adolescent daughters who are determined to wear "spike heels" will be interested to know that Dr. Paul B. Roth, a Fellow of the Royal College of Surgeons, England, has something to say in favor of heels. Dr. Roth contends that the high heel reduces the strain on the calf muscles by lessening distance between their two attachments, and also relieves the arch of the foot of a considerable portion of the person's weight. This portion is transferred to the front part of the foot, whence it is taken directly to the ground. He advises women in buying walking shoes to avoid tapering heels and select those with a fairly broad base. The importance of the heel being fixed to the shoe at the right angle, so as to bring it well under the foot, is stressed by the doctor. He declares that if some degree of flat foot already exists high heels may correct it. The sum of his argument is that high heels are advisable if they are not too high.

The New May Day

MAY Day has long been observed as an informal welcome to spring when children filled baskets with wildflowers and hung them on the doorknobs of homes in the neighborhood. Now, by an act of Congress passed in May, 1928, May Day officially becomes Child Health Day when the people of this country are reminded of what has been done for the welfare of children and are led to plan for increased health work.

Not only is the day dedicated to a continuation and expansion of the work through which infant and maternal mortality is reduced, but children are being freed from defects, protected against disease and trained in habits and attitudes of health. May Day also challenges us to provide the kind of recreation that means strong bodies and active minds for the youth of America.



He Follows Sewing and the Sea

THE secret hobby of the rugged commander of the Scottsbury, the largest cargo ship in the United States, is no longer a secret. In his leisure moments Captain W. H. Stone sews fluffy caps and dainty dresses for his baby daughter who lives in Portland, Maine. According to the versatile skipper, he has a predilection for sewing, just as he has for the sea. When he was a small chap his grandmother gathered all the children around her and gave sewing lessons, and the future commander was her most apt pupil. Captain Stone's bravery attracted attention in 1927 when he rescued fourteen men from the sinking French schooner *Doree* in the Bay of Biscay.

Baby Clinics by Radio!

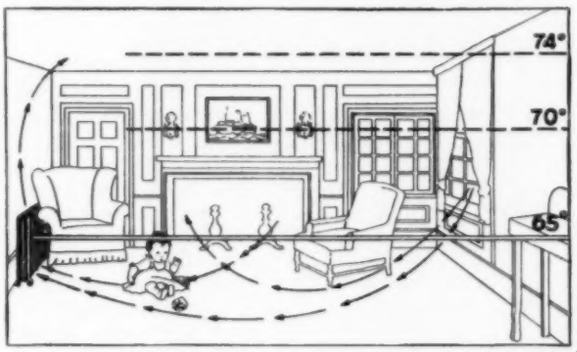
ONE of the latest innovations in the use of the radio has been introduced by the visiting Nurses Association of Louisville, Ky. This organization is broadcasting short plays to tell the public in a dramatic way just what help they can secure from a baby clinic. The characters who open one play are the doctor, the nurse, and three mothers with their babies.

The Whole-Family House

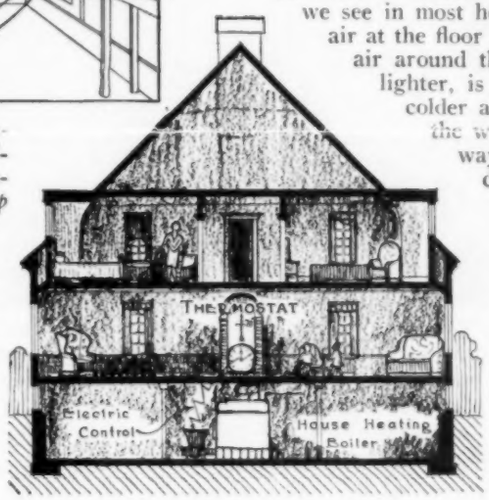
A house that is to be a home must be planned with the needs of children as well as the comfort of adults in mind. Whether you plan to build, buy or remodel, this article on heating systems will interest you

By H. VANDERVOORT WALSH

Assistant Professor of Architecture, Columbia University



A house warm enough for grown-ups may be too cold for small children who play on the floor. Radiators placed under windows will help to remedy this condition



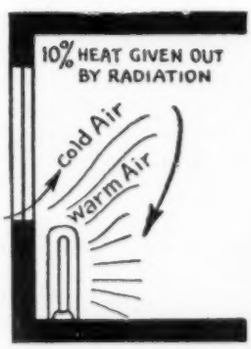
The heart of the heating system is the thermostat—a steady, competent piece of mechanism that guarantees an even temperature

JUST as spring is the time to buy coal for the following winter, so it is time to take stock of your heating equipment. Is it satisfactory or is it old fashioned and inadequate? Would it be a good investment for you to install a better system? If you are planning to build you will, of course, consider this matter of heating very carefully.

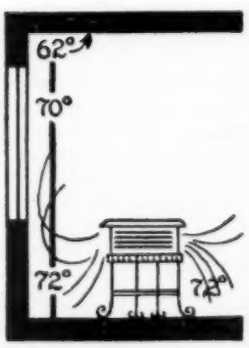
Like many other things about the house, the heating equipment seems to have been designed more for grown-ups without children than for the whole family. It is customary to make the contractor guarantee that his heating plant will warm the house to a temperature of 70 degrees during the coldest days of winter, but this refers to the temperature at the breathing line of grown-ups, or five feet above the floor. Down at the floor, where the children play, the temperature may be uncomfortably low and the grown-ups may not be aware of it. Especially cold may be certain areas of the floor, where the icy winds leak through the cracks of the windows and flow over to the radiators on the other side of the rooms. The ordinary specifications for heating a house do not take into consideration these cold drafts, yet they are very important to the children, since they are the ones who live in them. The common type of cast-iron radiator, which we see in most houses, tends to cause cold currents of air at the floor level. This is due to the fact that the air around the radiator is warmed and, becoming lighter, is forced upward to the ceiling by the colder and heavier air that rushes in through the window cracks or flows down the stairway from the second floor. On a cold day, in the average house, if you wet the end of your finger, and hold it down near the floor by the stairway, you will notice the draft of cold air coming down, as the moisture on your finger is chilled by the passing air. Even, when the air of the room seems comfortable and the thermometer registers 70 degrees, it will often be found to be only 65 degrees at the floor, whereas the temperature at the ceiling will be 74 degrees. But radiators are not the only offenders in this respect. The central return register of a warm-air, recirculating system of heating also draws to it cold drafts across the floor. In fact, all systems of heating have shown this weakness. We have accepted it without question, since we knew no better methods. Children, especially, have suffered from it.

It is only in recent years that heating engineers have concerned themselves with this defect of our heating systems. They have come to realize that the place for heat in the house is near the floor, not over our heads, up at the ceiling. But it is no easy matter to make heat stay down near the floor, since by the physical laws of the universe hot air rises.

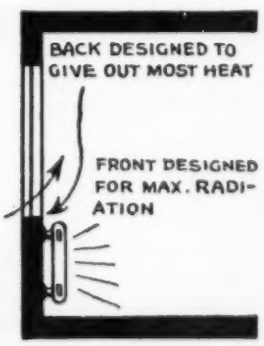
Yet to keep heat near the floor (*Turn to page* 59)



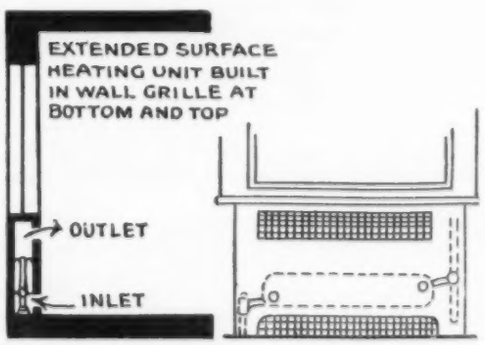
The best arrangement for the old type radiator is to place it under a window



New type electric heater which keeps floor as well as upper air warm for children



An improved type of cast-iron radiator which gives heat from both back and front



This efficient heating unit which is built into the wall takes up no floor space, eliminates the trouble of cleaning under it, and children cannot burn their hands on it

Everyday Problems

And How Parents Meet Them

THE PROBLEM: My little girl of six is decidedly nervous or high-strung. She is the thin, wiry type and very fond of play, but I find that she is a disturbing element with other children. She loses her temper or gets hurt and upset easily and then there is trouble. I tried to reason with her and tell her that the other children would not enjoy playing with a little girl who acted like this, but my argument did no good. I knew there was no use in scolding her and I was at my wits' end to know what to do in this situation.

HOW IT WAS HANDLED: One day, in desperation, I sent Marion to her room because she had gotten angry and upset all the other children with whom she was playing. While she was sitting in her room she became drowsy and when I went up to talk things over with her fifteen minutes later I found her fast asleep. This opened my eyes to what might be one cause of Marion's difficulty. The child was easily tired and was suffering from strain and I had not realized it. Of course, scoldings would do no good. What she probably needed was a chance for rest and quiet, so I made it a rule that she should go to her room each day just after lunch for quiet reading or quiet play with paper dolls, with drawing materials or something of that sort. She was to be by herself and no one was to disturb her during that hour. I found that this method of treatment worked beautifully and that for the rest of the day she was relaxed and good-natured. Now we all use the nap cure for tense nerves.—*Mrs. M. R. C., Ottawa, Ont.*

What Would You Do?

ON this page you will find discussions of problems that any parent is apt to meet in bringing up children. Some parents have found a way to handle them successfully and we pass their experience along to you who may face now or later a similar difficulty. We do not claim that there is one solution that will work in every case.

We are convinced that there is no magic formula that will perform miracles of child training. But we do feel that the methods of treatment outlined here contain helpful suggestions and we invite you to consider them carefully. Comment upon them freely, challenge them if you feel so inclined, and send your comments to us.

We invite all our readers to tell us of problems in child training which they have encountered and which they feel they have handled successfully. Write briefly stating the problem and your treatment of it.

One dollar will be paid on publication for each contribution.

Manuscripts for this department will not be returned. Address Managing Editor, CHILDREN, *The Parents' Magazine*, 255 Fourth Ave., New York, N. Y.

Teaching Respect for Property Rights

THE PROBLEM: Tommy was the neighborhood pest. Tender lawns and budding shrubbery suffered continually from Tommy's trespassing and flower beds everywhere seemed to entice his ball. Fences were not used in the neighborhood and it became urgently necessary to teach Tommy some respect for the property of others. I realized that a child cannot appreciate what is out of his experience, but how could I give Tommy the experience of owning property?

HOW IT WAS HANDLED: This is the scheme I decided upon: Tommy was given a back plot with a bit of garden space. His interest once roused, he carefully dug the bare spots in the grass plot and put in grass seed. He became enthusiastic over the sprouting seedlings in his garden and woe to careless feet that trespassed. Of course, allowing him free access to lawn mower, garden hose, etc., did sometimes prove a nuisance, but a worthwhile one, for once he became a property owner himself he began to respect the property rights of others. From being the neighborhood pest he becomes a popular member of the community and Tommy enjoyed this metamorphosis as much as did his family and the neighbors.—*Mrs. M. A. Y., Forest Hills, N. Y.*

Individuality in the Making

THE PROBLEM: My boy of seventeen began to be very much interested in clothes. I would have felt that this was a good trait if only his taste had not run to the most violent red and yellow neckties, the baggiest of "plus fours" and to a particularly atrocious green felt hat. I felt that his attire was bound to reflect on the good taste of the family, but when I tried to reason with him I found him obdurate and rebellious.

HOW IT WAS HANDLED: It was one of the articles in this magazine dealing with the psychology of the adolescent which gave me my first help in this situation. It made me realize that my son was merely trying to express himself. At this time of his development he needed to break away from family traditions even to the extent of red and yellow neckties. In a mild way he was cutting loose from my apron strings. Instead of trying to prevent this, I should have been glad that his rebellion took as mild a form as it did. In the light of this new knowledge I stopped criticising his clothes. I treated him more as a grown-up and less as a child and his father supported me in this attitude. Freed from the necessity of rebelling against us, I found that my son's clothing gradually became somewhat quieter, but what is more important he was a much happier boy because he felt that his personality was respected.—*Mrs. A. N. B., Worcester, Mass.*

Does Nagging Ever Pay?

THE PROBLEM: Our seven-year-old son was very slow about getting ready for school. He would dawdle with his washing and dressing and breakfast every morning. I am frank to say I nagged him all the time he was in kindergarten and first grade in order to get him to school on time. But he failed to outgrow the habit of dawdling.

HOW IT WAS HANDLED: I decided that my method of dealing with this fault in my child must be all wrong, since it did not bring the desired results. In thinking the whole matter over, it dawned on me that my child would never develop habits of responsibility and punctuality if I continued to assume all the responsibility for him. I determined to stop nagging. I went to see his teacher and explained the situation to her and told her that I was going to leave the whole matter of (*Turn to page* 69)

Your own family doctor will tell you that harsh, inferior toilet paper may produce inflammation or even serious infection.

15 painful troubles

either directly caused or aggravated by inferior toilet paper . .

Surgeons who specialize in troubles of this kind say that at least 15 painful diseases can be caused or aggravated by improper tissue.

In spite of these facts many toilet papers sold to housewives today are unfit for bathroom use.

Some are glazed. Some coarse-grained. Some even chemically harmful—made from reclaimed waste material or cast-off newspapers.

No toilet tissue is safe, according to the highest medical opinion, unless it has these three qualities: complete absorbency—special softness—chemical purity.

Two Tissues that meet Medical Standards

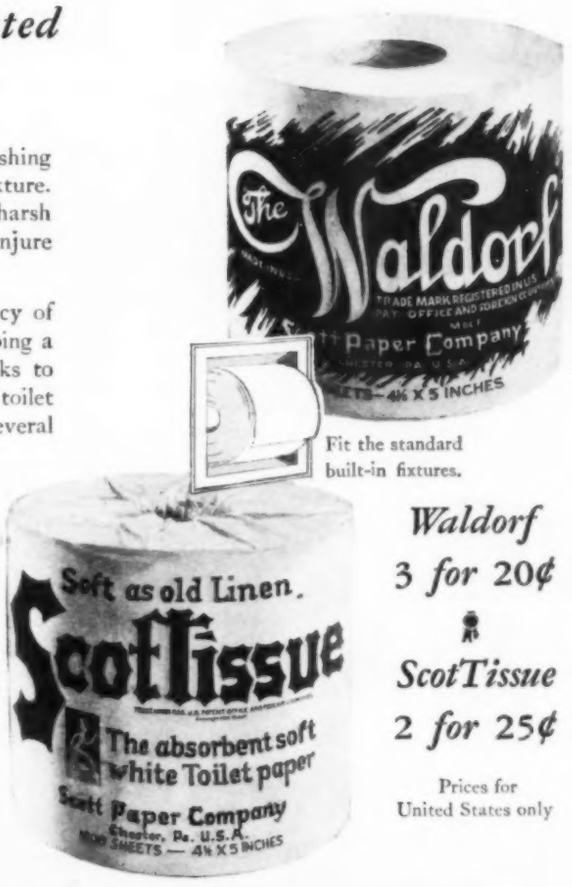
ScotTissue and Waldorf are specially processed for safety—in a mill that has specialized in bathroom tissues for 35 years. In every particular they satisfy strictest medical requirements.

Feel a sheet. Note its astonishing softness. Almost cloth-like in texture. Examine it closely, you see no harsh particles—no tiny splinters to injure the delicate skin.

You can prove the absorbency of ScotTissue or Waldorf by dropping a crumpled ball in water. It sinks to the bottom quickly. Ordinary toilet paper remains floating for several minutes.

The finest fresh materials—and nothing else—go into Scott tissues. They are neither acid nor alkaline in reaction. They are sanitary. Hygienically processed. And absolutely safe.

Why take chances when it costs no more to buy these fine quality bathroom papers? Always ask for ScotTissue or Waldorf. Scott Paper Company, Chester, Pa.



Fit the standard built-in fixtures.

Waldorf
3 for 20¢

ScotTissue
2 for 25¢

Prices for United States only

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Motion Pictures

Which are Suitable and Which Unsuitable for Children?

Douglas Fairbanks as D'Artagnan in "The Iron Mask"

"The Iron Mask"

Selected as the Movie-of-the-Month for Children

EACH month the "Movie-of-the-Month for Children" will be selected and announced in this department. The first picture to be so chosen is "The Iron Mask" (*United Artists*), featuring Douglas Fairbanks. The story is based on Dumas' "The Three Musketeers" and "The Man in the Iron Mask." It is both a stirring and an artistic production, which in spite of a rather complicated plot, will appeal to children because of its action and beauty.

The following reviews of recently released motion pictures are contributed by a committee of the Women's University Club, Los Angeles Branch of the American Association of University Women. It should be borne in mind that films are frequently cut, retitled and otherwise changed for showings in different states and in various theaters, and may thus be made less desirable for children.

As only a small number of reviews can be printed in each issue and as the time it takes for pictures to reach different communities and theaters varies greatly, we recommend that readers save the issues of this magazine carefully for reference.

ANNAPOLIS (*Pathé*)—Clean, wholesome picture of life at the Naval Academy, stressing honor and loyalty. Recommended for children of all ages.

BEHIND CLOSED DOORS, with Vallie and Glass (*Columbia*)—A complicated story of foreign intrigue. Not recommended.

THE BELLAMY TRIAL, with Joy and Middleton (*Metro-Goldwyn-Mayer*)—Part talking. A murder trial with the evidence unfolded by dialogue. Beyond the grasp of young children; interesting to adolescents.

BROTHERS, with Bedford and Keefe (*Ryart*)—A poorly produced picture in which the love of two brothers is stressed. Not recommended.

CAPTAIN LASH, with McLaglen and Windsor (*Fox*)—An unsuspecting stoker, usually successful in affairs of the heart, becomes an easy dupe for an attractive jewel smuggler. Fair entertainment for the maturer members of the family. Not recommended.

THE CARNATION KID, with McLean and Lee (*Paramount*)—An amusing comedy which seems to prove that one may be accepted in any society provided he has advance publicity. Possibly intended for a burlesque on crook methods, it is not definitely enough defined for children. Not recommended.

THE CAVALIER, with Bedford and Richard Talmadge (*Tiffany-Stahl*)—The hero leaps, dashes, fights and rides furiously to a happy ending. Not recommended.

THE CONQUEST, with Blue, Warner and Wilson (*Warner*)—The conquest of the South Pole by airplane was not exciting enough, so an attempted murder was added to the plot. In spite of this, the picture can be recommended. Of interest to children.

DRIFTER, with Mix and Dawn (*F.B.O.*)—A United States marshal, in the guise of a drifting ranch hand, discovers a gang of narcotic smugglers and saves a gold mine for the heroine. Passable.

DRIFTWOOD, with Alvarado and Marceline Day (*Columbia*)—An unconvincing drama of the South Seas, strongly reminiscent of "Sadie Thompson"; weak in acting and direction and totally unsuited to immature audiences. Not recommended.

DRIVEN FROM HOME, with Virginia Lee Corbin (*Chadwick*)—A daughter's unsatisfactory marriage divides the family until the mother's critical illness reunites them. Not recommended.

(*Turn to page 66*)

Some Recommended Pictures

The following pictures have been particularly recommended for children by a committee of the Parents' Association of the Horace Mann Schools of New York:

Alias Jimmy Valentine *
At the South Pole
Battles of Coronel and Falkland Islands *
Hearts in Dixie *
Heart to Heart
Home Towners *
Killing the Killer *
Mother Machree *
Napoleon's Barber *
Outlawed
"Q" Ships *
Ramona *
Redskin
Rescue *
Seventh Heaven *
Show People *
Simba
Speedy
Steamboat Bill, Jr.
Street Angel *
Sunrise *
The Actress *
The Air Circus
The Air Legion *
The Circus
The Flying Fleet *
The Iron Mask
The Patriot *
The Somme *
The Viking
Two Lovers *
We Americans *

* Recommended for the boys and girls of high school age.

 All advertisements conform to standards on page 73.

Tom Sawyer's secret...*how mothers are using it today*

"MOTHERS are finding, as Tom Sawyer did, that there is an easy way to get children to do things. That's to turn routine into play," says Dr. Leslie E. Luehrs, noted child psychologist.

Other great authorities on child guidance are now telling mothers the same thing. When youngsters rebel at restraint, and the routine of everyday sound habits, there are simple, easy ways of handling them. Just such ways as Tom Sawyer's, when he made whitewashing seem the one pleasantest thing in all the world to do.

You remember when Aunt Polly made him whitewash that fence, on a bright Saturday, Tom racked his brain and—made a game of it! Treasures piled up at his feet, boys argued to wield the brush, while Tom sat back and relaxed!

The secret is to turn routine into a game. Every mother can do it, all through the day. There's that vital question of breakfast. The mother's resolve that children eat the right kind—the *hot, cooked* cereal authorities recommend.

Naturally you do feel earnest about it. You know that it's been proved that children who eat *hot, cooked* cereal do better in lessons and in games than children who don't eat it. In 70,000 schoolrooms this rule is now displayed:

"Every boy and girl needs a hot *cereal breakfast"*

Perhaps you've approached it as a matter of stern duty—nothing to do with fun. Perhaps you even say, "Eat your nice cereal. That's what little boys and girls need." What child responds to the stark plea of *need?*

Yet all the time there's an easy, happy way you might be using. Children don't dawdle over their Cream of Wheat—or oatmeal—or whatever hot cereal they're given—when they're having fun. This way is a children's club so full of interest that youngsters scramble to eat a bowl full of good hot Cream of Wheat.

FREE—*the plan that works wonders*

A club—called the H. C. B.—that children work out for themselves. A plan that arouses their interest in *hot, cooked* cereal breakfast and makes them want to eat it regularly. Badges and a secret for members, gold stars and colored wall charts. All material free, sent direct to your children with a sample box of Cream of Wheat (if desired). Children cannot resist it! Eating Cream of Wheat becomes a fascinating game, then an enjoyable habit. Mail the coupon now—watch the club idea work.

For 32 years the choice of child specialists

Specialists in child health have for years recommended Cream of Wheat as an ideal *hot, cooked* cereal.

1. It is abundantly rich in the physical and mental energy growing children need. It is all real food.
2. With every harsh part of the grain removed, Cream of Wheat is amazingly quick and simple to digest.
3. Its creamy goodness is easily varied by adding raisins, dates or prunes while cooking.

Safeguard your boys and girls by giving them, regularly, Cream of Wheat for breakfast.

© 1929, C. of W. Co.

CREAM OF WHEAT COMPANY, MINNEAPOLIS — DEPT. W-18, MINNESOTA

Gentlemen: Please send my child the free material for the H. C. B. Club as described above.

Child's Name..... (*First name* / *Last name*)

Address..... *City*..... *State*.....

To get sample Cream of Wheat, check here.....

Washable Silk Is Practical

By Crete Hutchinson

Fashion Editor, McCall's Magazine

5702—Girls' Dress with cape. Size 10 requires 2⅞ yards of 40-inch material and a separate leather belt. 6 sizes, 4 to 14 yrs.

5715—Child's Dress with French panties. Two styles of sleeve. Size 6 requires 2½ yds. of 40-in. material. 5 sizes, 1 to 6 yrs.

2118—Boys' Middy Suit with wide-knee trousers. Size 5 requires 2 yds. of 36-inch. 4 sizes, 2 to 8 yrs.

5702—Girls' Dress with yoke. Size 4 requires 1¼ yards of 40-inch with ½ yard of contrasting for yoke and sleeves. 6 sizes, 4 to 14 yrs.

5676—Misses' and Juniors' Dress, with or without front yoke. Size 8 requires 3⅞ yds. of 27-inch material with ⅜ yard for collar and cuffs. 8 sizes, 6 to 20 yrs.

5702—Girls' Dress with bertha. Size 14 requires 2¾ yards of 54-inch material or 3⅞ yards of 40-inch. 6 sizes, 4 to 14 yrs.

5739—Misses' and Juniors' Ensemble. Blouse with sleeves for size 16 2⅛ yards 35-inch material, and for the skirt and jacket, 2⅞ yds. of 35-inch. 5 sizes, 12 to 20 yrs.

Back views are on page 44

THE why and wherefore of washable silk is an interesting story. There is now a return to fashion of the silk frock that will go into the tub. Shantungs, pongees, silk ginghams, silk broadcloths and silk crêpes have a vogue that extends to the junior's wardrobe.

No one knows just when silk reeling began, but Chinese legend tells us that the method was discovered by the Empress Si-Ling-Chi about 2400 B. C. She experimented in domesticating (*Turn to page* 44)

McCall Printed Patterns may be obtained from leading stores throughout the country and from Children, *The Parents' Magazine, 255 Fourth Avenue, New York City, at prices given on page* 76

Stimulants, Sedatives or Food ~

from a Health Standpoint

THE desire for extreme slenderness is bringing serious consequences. When stimulants, sedatives or drugs are substituted for the food needed to build health and strength, the penalty is certain and severe—frequently broken health and sometimes death.

Half-truths are often more dangerous than falsehoods. While it is true that an excess of fat is undesirable and frequently dangerous in the later years of life, it is not true that young people—under thirty years of age—can ordinarily expect to have good health if they avoid wholesome body-building foods and persist in a rigid "reducing" diet. There are certainly more cases of tuberculosis among young "underweights" than there are among those of normal weight.

During childhood and the early adult years, Nature demands a bodily reserve upon which she can draw in time of need to fight disease. In youth a few pounds of excess weight are a valuable protection against physical breakdown. The sacrifice of this needed tissue may result in permanent injury, although the accounting may not come until years later.

Despite the claims of faddists and selfish interests, there is no mystery today in what constitutes an intelligent diet. The doctor who would not hesitate to prescribe a stimulant or a sedative in case of emergency, would forbid their use in place of needed foods.

A famous health expert was asked bluntly, "Do you think stimulants are harmful to everybody, no matter in what degree the stimulants are used?" He said, "Not always, but everyone should try to put himself in such fit physical condition that he will not need or desire artificial stimulation. The hunger for stimulants is an indication of weakness and evidence of improper diet or other incorrect living habits."

Certain practices trick the appetite and dull the desire for nourishing food. When the demands of a normal appetite are too frequently denied, the appetite may be lost and food be made repugnant.

Perhaps it is too late to talk to older people stubbornly set in wrong habits, but if the fathers and mothers of tomorrow will eat properly, exercise properly, work properly, sleep, breathe, stand, walk—yes—and *think* properly, they and their children will have better health and longer lives.

The Metropolitan Life Insurance Company has the privilege of consulting famous specialists on important questions of health. While the Metropolitan wishes to point out most emphatically the danger of too strenuous dieting at the earlier ages, it also wishes to stress, no less emphatically, the danger of overweight at the older ages.

Our booklet, "Overweight", tells the best methods to control these evils. It also tells what you should weigh considering your age and height. Ask for Booklet 59-Y, which will be mailed free. Address Booklet Department, Metropolitan Life Insurance Company, New York, N. Y.

METROPOLITAN LIFE INSURANCE COMPANY—NEW YORK

Biggest in the World, More Assets, More Policyholders, More Insurance in force, More new Insurance each year

Feeding the Family

New Aids to Good Cooking

By RUTH WASHBURN JORDAN

Food Consultant

THE housewife who wishes to improve her cooking finds marvelous first aids in some of the newer cooking utensils. The French roaster, a covered roasting pan, now comes with a perforated tray which insures a juicy roast, browned deliciously crisp. Even a cheap cut of meat will be tender, as the water under the tray produces moisture enough without basting.

Then there are heavy aluminum units that are designed to save fuel, but even more important, to save the precious food elements and the flavor that usually are lost or dissipated in long cooking in water. These cook food with very little or no water. They are made of thick, cast, virgin aluminum which is process hardened and so designed that the utensil radiates heat towards the food almost instantly and holds the heat at a steady temperature for a long time. There are three and four-piece units which cook three or four different foods over one burner turned low, there is also a roaster to be used on top of the stove thus saving the cost and discomfort of heating oven and kitchen, and additional equipment bakes bread, pies and cake on top of the stove, all over one low-turned burner.

I wonder if you are familiar with a new cookery parchment? It is paper made from vegetable fiber and so treated by chemical baths and purest water that whereas most papers break down when wet, this paper grows stronger. The food to be cooked is wrapped in it and then placed in a pan or other utensil. This method of cooking conserves the juices, flavors and mineral elements of the food, and the pan in which they were cooked needs only rinsing instead of scouring. This new parchment may be used not only in the oven but also for steaming and boiling.

Scrambled Tomatoes

Remove the skin from twelve tomatoes, cut them up, add a teaspoon of butter and a teaspoon of salt and bring them to a boil. When tender add five or six beaten eggs. Stir one way for three or four minutes, until tomatoes have thickened. Serve hot on toast. *Contributed by a reader in Kalamazoo, Mich. See Menu X.*

Baked Vegetables

6 medium-sized carrots
6 medium-sized potatoes
6 medium-sized onions
1½ cups thin white sauce
Salt to taste
1 tablespoon butter
Dash paprika

Peel and slice potatoes and carrots, mince onion and mix all together. Season with salt. Pour into buttered baking dish and pour over all a thin white sauce. Dot with butter and sprinkle with paprika. Cover and bake in a moderate oven until tender.—*Mrs. M. L. R., Denison, Iowa. See Menu XIII.*

Apple Pies for Children

A nice make-believe apple pie for little people who are not allowed pastry is made by preparing five or six apples as for stewing. Put them in a pie dish with sugar and a little lemon juice. A cup of sugar will be enough unless apples are very tart. Cover with fine stale breadcrumbs. Pour three tablespoons of rich milk over the top and bake until fruit is cooked and the top nicely browned. These can be made in saucers for individual servings.—*M. F., Lawrence, Mass. See Menu VI.*

Cecils with Tomato Sauce

(An English Dish)

2 cups cooked beef chopped fine
4 tablespoons of bread crumbs
2 tablespoons melted butter
Yolks of 2 eggs
Salt to taste
A few drops of onion juice

Mix all together and shape in small rounds or cones. Roll in flour and put in greased baking dish and brown in oven or under gas flame. Serve hot with tomato sauce made as follows:

Tomato Sauce

2 cups stewed tomatoes
1 slice of onion
2 tablespoons butter
2 tablespoons flour
¼ to ½ teaspoon salt

Cook onion with tomato till tender. Melt butter, add flour and blend. When smooth and bubbling add tomato mixture, stirring constantly to keep smooth. Let it boil three or four minutes, season, strain and serve with cecils. This is a good way to use up left-over roast beef. *See Menu III.*

Casserole of Rice and Cheese

2 cups well-cooked rice
2 cups grated cheese
2 small onions chopped fine
1 cup milk
2 tablespoons butter
1 tablespoon flour
Salt to taste
¼ cup bread crumbs

Butter a casserole and put rice, cheese and onions in it in layers. Pour over a sauce as follows: Melt 1 tablespoon butter with 1 tablespoon of flour; when well blended add 1 cup of warm milk gradually, stirring constantly to keep smooth. Season to taste with salt and let it boil three or four minutes. After sauce is poured over other ingredients cover the top with breadcrumbs and dot with remaining tablespoon of butter. Bake in rather quick oven until nicely brown and serve hot. *See Menu I.*

Fresh Strawberry Sauce for Ice Creams and Puddings

Crush 2 cups of strawberries and sweeten to taste with confectioner's sugar. Let stand for several hours in a cool place. *See Menu VII.*

Dandelion Greens

Select dandelions before they begin to blossom. Wash them thoroughly in several waters, remove roots, drain and cook until tender in boiling, salted

(Turn to page 42)

Recipe-of-the-Month Club

Send us your favorite recipes—*those that are especially good for children.* Each month we will pay $5 for the best recipe, and $1 apiece for every other recipe accepted for use on this page. Address The Recipe-of-the-Month Club, CHILDREN, *The Parents' Magazine*, 255 Fourth Avenue, New York City.

This Month's Prize Winner

Mock Duck with Vegetable Dressing

2 lbs. round steak ½ inch thick
4 slices stale bread
3 large carrots
1 onion
½ can of peas
1 strip bacon
Salt to taste
5 outside stalks celery

Soak the bread in water. While it is soaking put all the vegetables except peas through food chopper. Mix thoroughly with soaked bread which has been squeezed dry, and season with salt. Mix peas in gently. Lay steak flat and place dressing in the center with bacon strip on top. Roll the meat around it and fasten with skewers or tie securely. Roll in seasoned flour and sear quickly in hot frying pan. Add ½ cup hot water, cover and cook slowly two hours in a moderate oven. Place on hot platter and remove skewers or string. Thicken gravy with a little flour and boil a few minutes. Serve with the Mock Duck. This will serve six.—*Mrs. Helen Lemieux, Wrangell, Alaska.*

A Safer World for Babies

Evaporated Milk is not a prepared baby food. It is MILK—*pure milk that is concentrated, homogenized, put in sealed containers and sterilized. It is more than twice as rich as ordinary milk. It is always fresh and sweet and safe—free from anything that can endanger health. It is more easily digested than ordinary milk—as easily digested as mother's milk. * * * We do not presume to take the place of your physician in directing your baby's feeding. Evaporated Milk needs to be modified for babies, as any cow's milk needs to be.*

THE medical profession, devoted to the cause of humanity, has lengthened the average span of human life by protecting the life and health of babies. Much of this wonderful accomplishment has been the result of discovering how better to feed babies—how to provide safe, wholesome food for babies deprived of mother's milk—how, after weaning time, to carry them safely through the dreaded "second summer."

The Story of a Great Accomplishment

One of the leading baby specialists of the United States has recently directed the feeding of 752 babies during a period of 14 months, covering two summers. All this number were fed exclusively on Evaporated Milk. Let the specialist tell the result:

"As the most severe test of any form of feeding is the ability of very young infants to digest and thrive on it, evaporated milk formulas were fed to 570 newly born infants. * * * In the case of these newly born infants, the evaporated milk mixtures were uniformly well digested. There were no cases in which it was found necessary to substitute some other form of milk. * * *

"Of the infants who were fed exclusively on evaporated milk and received no breast milk at all, 92.8 per cent regained the birth weight at the end of 14 days. * * * Of the 526 newly born infants fed exclusively on breast milk, or given extra feedings of formulas prepared from bottled cow's milk, 66 per cent regained the birth weight by the end of 14 days."

A *More* Severe Test

Nine premature infants were fed exclusively on Evaporated Milk. They all thrived. Let the specialist speak again:

"There is no more severe test of a food than the ability of premature infants to thrive on it, and a very general belief is that but few premature infants can thrive who do not receive breast milk. * * * We consider the results in the case of these premature infants as possibly the most convincing evidence of the suitability of evaporated milk for infant feedings."

What does it Mean?

This great experiment shows how your baby—how babies everywhere—can have milk that is surely safe and wholesome. Deprived of mother's milk, babies can yet have milk that is as easily digested and as safe as mother's milk could be. And the hazard of milk for baby after weaning time is all gone. Let the specialist speak again in this final conclusion:

"The known qualities of unsweetened evaporated milk—its sterility, its ready digestibility and uniformity of composition—are distinct advantages which recommend it for general use in infant feeding."

For Your Children · · For Every Use

Milk that is so good that babies thrive upon it, is, of course, good for children. No need to wonder if the milk your children drink is safe milk. Evaporated Milk is always safe. It can't have in it anything that could cause illness. Sterilization makes it free from any harmful bacteria. The sealed can protects its purity and safety. Children readily drink it. And when you know how good Evaporated Milk is for babies and children you'll know that it's good for every use.

EVAPORATED MILK ASSOCIATION, CHICAGO, ILLINOIS

Send for our Booklets

EVAPORATED MILK ASSOCIATION
962 Continental Ill. Bank Bldg., Chicago, Ill.

I would like to have your free booklets telling why Evaporated Milk is good for babies—why it is good for every use.

Name_____

Street_____

City_____ State_____

Individual
DIXIES
offer one of the most effective safeguards of a child's health!

That the glass, as the most common germ-carrier, is really dangerous in the spreading of colds and worse, we all know. The day will come when we shall no more think of sharing the drinking glass with even sister and brother than we today think of sharing the toothbrush.

But in other ways, too, may Dixies be a welcome help! Many mothers have written us that their children accept milk (and "nasty old medicines") much more readily in a pretty Dixie than in a glass. The beauty, and the pleasant touch, and the novelty of a Dixie have doubtless much to do with that.

These Dixies were specially made for use in the home, to avoid the trouble of washing glasses and to save the expense of broken tumblers and goblets.

They are packed in convenient 10¢ and 25¢ cartons. Stationery, grocery, drug, department and 10¢-stores have them in stock, or can easily procure them for you. Very handy in the automobile, on outings and picnics.

INDIVIDUAL DRINKING CUP CO., Inc.
Original Makers of the Paper Cup
EASTON, PA.

You and the children will enjoy the Dixies Circus over WJZ and Associated National Broadcasting Company Radio Stations every Friday evening from 7:30 to 8:00, Eastern Standard Time.

Feeding the Family

(*Continued from page* 40)

water. Drain, season with butter, salt and a little lemon juice. A very healthful spring green. *See Menu X.*

Swedish Pudding

1 quart water
½ cup granulated tapioca
¼ teaspoon vanilla
8 oz. glass currant jelly
½ cup sugar

Bring water to a boil, add tapioca and sugar and cook over boiling water until clear. Take from the fire and beat in the currant jelly. Add vanilla. Serve cold with whipped cream. *See Menu XIV.*

Apple and Orange Dessert for Children

6 apples—pared
Juice of 6 oranges
6 tablespoons sugar
2 tablespoons butter

Make syrup of orange juice, sugar and butter. Pour over apples and cook till transparent.—*A. M. O., Whitefield, N. H.*

Rice Mold with Lamb Filling

1 cup uncooked rice
2 cups cooked lamb
Lamb gravy
A few drops of onion juice
Salt to taste

Boil the rice and line a good-sized bowl with it. Fill the center with the lamb, which has been put through the food chopper, and mix with salt, onion juice and enough lamb gravy to moisten. Cover bowl and set in a pan of hot water and steam for twenty minutes or until thoroughly heated. Unmold on a platter and surround with tomato sauce. A sprinkle of chopped parsley over the rice adds to its attractiveness. *See Menu V.*

Cottage Pudding With Chocolate Sauce

1½ cups flour
1 cup sugar
1 egg
milk
2 teaspoons baking powder
2 tablespoons melted butter
¼ teaspoon salt

Sift dry ingredients three times. Break egg into cup, fill with milk and add to dry ingredients. Beat well and add melted butter. Bake in buttered square tin. Cut in squares and serve warm with chocolate sauce.

Chocolate Sauce

1 cup sugar
1 teaspoon vanilla
1 or 2 squares chocolate
¼ teaspoon salt
1¼ cups boiling water
1½ teaspoons cornstarch

Stir chocolate, sugar, salt and boiling water over fire until boiling. Cook five minutes. Add cornstarch dissolved in very little cold water and boil 6 or 8 minutes, stirring constantly to keep smooth. Add vanilla and use hot or cold.

Dinner Menus *for the* Whole Family

Attractive to Adults, Nutritious for Children

I

Bouillon
Casserole of Rice and Cheese
Fresh Buttered Asparagus
Stewed Strawberries
Cookies

II

Beef Pot Roast
Buttered Carrots
Browned Potatoes
Cabbage and Pineapple Salad
Baked Rice Pudding

III

Cecils with Tomato Sauce (English Dish)
Buttered Spinach
Baked Potatoes
Cup Custards

IV

Braised Lamb with Potato and Turnip
Green Peas
Baked Tapioca Pudding

V

Lamb Broth
Rice Mold with Lamb Filling
Creamed Cabbage
Raspberry Gelatin with Custard Sauce

VI

Baked Haddock
Scalloped Tomatoes
Baked Potatoes
Apple Pies for Children

VII

Mock Duck with Vegetable Dressing
Browned Potatoes
Tomato and Lettuce Salad with Boiled Dressing
Vanilla Ice Cream with Fresh Strawberry Sauce

VIII

Baked Calf's or Beef's Liver
Creamed New Potatoes
Buttered String Beans
Fresh or Canned Pineapple with Cream Cheese

IX

Baked Potato
Baked Tomatoes
Buttered Spinach with Hard-boiled Eggs
Watercress and Orange Salad
Sponge Cake with Whipped Cream

X

Consommé
Creamed Brains on Toast
Dandelion Greens
Buttered Beets
Fresh Fruit Cup
Cookies

XI

Scrambled Tomatoes
Buttered String Beans
Mashed Potato
Green Salad
Bread Pudding with Raisins

XII

Tomato Soup
Boiled Cod
Egg Sauce
New Potatoes with Butter and Parsley
Buttered Asparagus Tips
Lemon Gelatin with Fruit

XIII

Broiled Minute Steaks
Baked Vegetables
Beet Salad with Boiled Dressing
Strawberry Short Cake (Sponge Cake) with Vanilla Ice Cream

XIV

Roast Leg of Lamb
Browned Potatoes
Scalloped Tomatoes
Fresh Asparagus Salad
Boiled Dressing
Swedish Pudding

All advertisements conform to standards on page 73.

Mothers

A really healthy child is a vigorous, energy-spending child . . . who needs not only energy-producing food, but energy-replacing food

"Always up to something . . . Never still a minute . . . On the go all day long . . . continually at play . . . Oh, for a quiet *restful* child!"

How often you hear mothers bemoaning the fact that their children are so full of energy. But it's really cause to rejoice that they are active.

Don't curb your child's energy. Don't try to make him save it and keep it bottled up. Encourage him to spend it freely in wholesome work and play that builds bone and muscle.

Only make sure that all the while, you are helping him to create new energy and replace what his busy little body and brain are burning up. See that he has foods which are rich in vitalizing materials. Foods that produce and replace the energy that's bubbled over—been dissipated in strenuous games and play. Food like Borden's Chocolate Malted Milk.

Call it a drink, if you like, to be served as part of a child's regular meal. Or call it an all round food, a whole meal in itself. The fact remains that Borden's Chocolate Malted Milk is about the quickest source of healthful day-by-day energy you can give your child.

Made of *whole* milk—not skim milk—with all the rich cream left in it, it provides all the food materials—the precious vitamins and mineral salts—that children's growing bodies are forever clamoring for to replace the energy they have so generously consumed. Yet it's so marvellously easy to digest—thanks to the malt—that it doesn't tax the stomach as heavier foods are apt to do.

You can give it to him when he's tired out—too tired for solid food. And it will pick him up in no time at all. A tall glass of Borden's Chocolate Malted Milk at suppertime sends him off to bed with a chance to store up extra energy for the morrow's zestful play hours.

HEALTH AND ENERGY GO HAND IN HAND

Or between meals, when he complains he's hungry, stir up some Borden's Chocolate Malted Milk for him. It only takes a minute to prepare.

He'll like it, what's more, even if he's ordinarily a finicky eater.

And for those children who object to milk—here's a sure and pleasant way to make the child take his necessary "quart a day." He'll ask for it himself.

You'll find Borden's Chocolate Malted Milk at your grocers. Buy a can. And watch your children thrive on it.

You'll find the modern doctor's prescription for "Spring Fever", Malnutrition and such troubles is more than likely to be "a daily ration of Chocolate Malted Milk." Better than medicines and old-fashioned tonics, he says.

THE BORDEN COMPANY
350 Madison Avenue New York, N. Y.

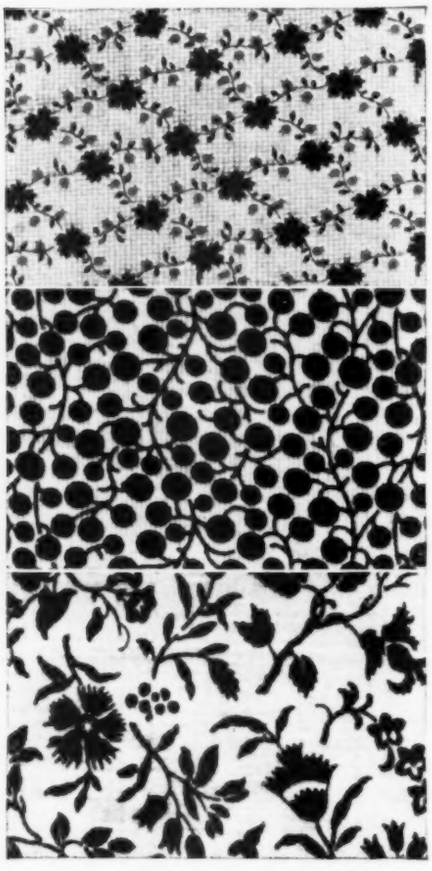
BORDEN'S CHOCOLATE MALTED MILK

"The two watchwords for clothing children properly are *comfort* and cleanliness"*

And school frocks that are comfortable, clean and fashionable are made of Everfast Fabrics whose colors will not fade

**Quoted by permission from "Health and the School," by F. W. and J. D. Burke. Copyright, D. Appleton & Co., New York.*

THE prominent Philadelphia health authority, who put into words the above axiom, tells us there are definite standards which up-to-date parents can easily follow in selecting their children's clothing. (1) Clothes must be comfortable, must not press upon the body or obstruct free muscular play. (2) Clothes must be light as possible without allowing the child to be chilly. (3) Clothes must be washable, for cleanliness is invaluable to health.



Here's the end of the search for perfect school clothes for your children. Select wash fabrics because doctors and health authorities recommend them. But insist that your selection name Everfast among wash fabrics, because their brilliant patterns and gay colors can never fade. Every Everfast Fabric is guaranteed fast to sunlight, washing, everything.

The new Everfast designs are unusual, and fashionable. And these fabrics come in every popular plain color. The materials especially adaptable to children's clothes are Printed Piques and Linens, Playtime Prints, Suiting Prints, Dimities, Handkerchief Cloth, also Gingham Cloth and other fabrics in plain colors. If any Everfast Fabric fades you get your money back plus the making cost of the garment. You can find Everfast at nearly every good store. N. Erlanger, Blumgart & Co., Inc., 354 Fourth Avenue, New York City. None genuine without the name Everfast on the selvage.

THE GENUINE
Everfast Fabrics
REG. U.S. PAT. OFF.

Washable Silk Is Practical

(*Continued from page* 38)

silkworms and wove their filaments into the finest cloths of that time. The first silks were used for altar cloths and became sacred in the eyes of the people.

Many cocoons have filaments that become tangled so that the silk is broken and rough. Even in the best cocoons the outer layers of silk must be removed before the reeling of raw silk begins. The process of reeling kills the silkworm before it reaches maturity, therefore a certain number of cocoons must be allowed to mature so that the silk moth may emerge to carry on his work. The cocoons that are left for this purpose are pierced, and cannot be reeled. It is from these sources that spun silk is made through a special spinning process that includes boiling. That is why silk made from the spun silk filaments is washable.

AN interesting frock of Shantung in its natural shade is designed for a young girl of ten. The Vionnet neckline and little cape, the pleated skirt neatly belted with suede, are smart features that make a suitable frock for the street. No. 5702.

A printed silk frock has tiny puffed sleeves and a yoke that is novel in cut. The front pleats give fulness to an otherwise straight-line dress. No. 5715.

The small boy likes his silk broadcloth middy for best. The tie is a true sailor's knot and the trousers are heavy navy blue Shantung. No. 2118.

The dotted mode is chic when combined with a plain fabric. Printed and plain pongee make a dainty frock for the four-year-old. Crystal buttons ornament the yoke. No. 5702.

5702 5715 2118 5702 5676 5702 5739

Back views of designs on page 38

A Chinese design on a colorful yellow-ground Shantung is made with a shirt yoke and contrasting collar and cuffs. The shirt frock is an excellent school or camp design that may be made in almost any suitable fabric. No. 5676.

Another version of the frock with the Vionnet neckline adds a bertha collar. The side-pleated skirt is very becoming to the growing girl of fourteen. No. 5702.

Checked silk gingham with a *toile de soie* blouse is an excellent ensemble with a waist-length bolero jacket. The skirt is attached to a hip yoke and the blouse is the youthful tuck-in. No. 5739.

MATINS

The simplest notes of simplest scale
Compose a fairy Seven.
Who never guessed at Robin-song
Shall never guess at heaven.

—Eleanor Slater

THESE MODERN GARMENTS

are designed to meet modern ideas in dressing the younger generation of today. The last word in style, perfect-fitting, supreme in comfort . . . Minneapolis "M" Garments delight the youngsters. Carefully tailored of fine quality fabrics, neatly finished, sturdy, long wearing . . . their true economy appeals to mothers.

M GARMENTS

The PERFECT UNDERWEAR *for* CHILDREN

Infants' Shirts, Bands, Binders, Panty Waists, Children's Union Suits, Waist Union Suits, Vests, Panties, Bloomers and Combinations, ... *in all wanted styles and fabrics.*

Children's Styled Pajamas **in Rayon and Novelty Cotton Prints of Broadcloth and Pongee.**

Sun Suits **in Wool, Bi-Knit and Novelty Prints.**

When you shop for your children, look for the Minneapolis "M" trademark at your Dry Goods store. It assures full value and complete satisfaction.

Minneapolis Knitting Works

Minneapolis, Minn.

This novelty print one piece Play Suit delights little folks.

Bright colored Sun Suits; maximum exposure with protection to vital parts.

Minneapolis "M" Infants Shirts—the standard with mothers for many years.

Smart styled Pajamas in gay prints and Rayon.

A Rayon Combination, full of style.

Boy's and girl's cool, French type, Waist Union Suits.

Boys and girls like these French type knit Panties.

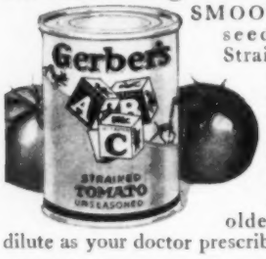
Dainty Rayon Vest and Panties that please little folks.

Strained Tomato

a new Specially Prepared Ready-to-Serve

Gerber's

Strained Vegetables for Babies



SMOOTH—free from seeds—Gerber's Strained Tomato is proving a welcome addition to the list of Gerber Strained Vegetable Products for Babies. Serve it as tomato pulp for older children—or dilute as your doctor prescribes for your baby.

Rich in Vitamins—Tested and Approved

The complete assortment of Gerber Products has been tested and approved by leading pediatricians—and by leading national domestic science institutes. Steam-pressure cooked and sealed—steam-sterilized—Gerber's Strained Vegetables largely retain Vitamin A—Vitamin B—Vitamin C—and rich mineral salt values frequently lost under ordinary methods of home preparation. Your doctor will gladly explain why they are best for baby—and can best prescribe the feeding schedule for your baby's individual requirements.

New Freedom for Mother and Baby

Providing in a scientific, wholesome manner for the important vegetable supplement to baby's milk diet—the new Gerber Products make Mother and Baby alike independent of the kitchen's restrictions. Baby can really travel now—as well provided for as scientific methods permit. Each Gerber product is packed for two full-size, normal feedings.

Send for Assortment

If your grocer is unable to supply you, send us today the coupon below with $1.00 for our complete introductory assortment—or order such individual products as you wish. Postage prepaid. *In Canada, Complete Assortment Only, $1.10—Canadian Currency or Money Order.*

Free samples on request to Physicians or Hospitals

A WEEK'S SUPPLY

SEND COUPON

Gerber Products Division, *Fremont Canning Co.*, Fremont, Mich.
Dept. C-4—Enclosed find money or stamps for Assortment or for Gerber Products checked.

$1.00 Complete Assortment	25c Strained Vegetable Soup	15c Strained Spinach	15c Strained Carrots	15c Strained Prunes	15c Strained Peas	15c Strained Tomato

*Name*_____

*Address*_____

*City*_____ *State*_____

*My grocer is*_____

The Ups and Downs of Adolescence

(*Continued from page 25*)

home which can mean so much to him during this baffling period.

Coupled with these revolutionary bodily changes are strong emotional conflicts, demanding new adjustments at every turn. It is as if these children suddenly became aware of their existence. They want to "strut their stuff"—as they would express it—even in the face of parental disapproval. Reality conflicts with their romantic realism; they will not give in until they have fought hard for their ideals. We should envy them their courage. Soon enough they will conform, but in the meantime we must be patient while they are shaping and reshaping their characters. In the meantime, what can we of the older generation do to make life a little less of an upheaval for the adolescent?

FIRST, from the physical side. The physical demands of these boys and girls are acute, for their bodies are growing rapidly. Their diet seldom offers any problems, since nature has provided them with appetites which keep pace with the needs of the body. Food properly prepared and wisely chosen so that it furnishes the necessary balance, with which all good housewives are now familiar, will be enthusiastically consumed. Eating too much candy and such stomach insults as hot dogs is a common indulgence at this age, but can usually be met if parents will appeal to the adolescent's desire to be a great athlete and the wish to emulate the favorite heroes of the day who are so careful about what they eat and when they eat it. Between meals, lunches are really needed by these growing children, and should be served at home as a regular part of the day. Milk and cookies or fruit are suitable.

The menstrual period in girls should be dealt with as if it were a normal, not a pathological, incident. The daily warm bath—not hot, nor cold—should by all means be continued at this time. Going about one's business as usual, avoiding wet feet, and in the early stages, eliminating competitive sports, constitutes the wise regime.

The matter of competitive athletics during adolescence is a rather serious problem. These children enjoy strenuous games because they want to test the prowess of their newly acquired strength and stature. In this country, school athletics have a strong tendency to develop a few stars who are rigorously trained to win the game, while the majority are left to cheer on the side lines. And so it is that those who are successful in trying out for their school teams have to give altogether too much time to it, and are likely to overtax their growing bodies.

And yet with all its dangers, we must not forbid the boy or girl to take part in competitive sports, unless there is a very good reason for it. The best course to follow is to encourage such pursuits,

(*Turn to page 48*)

Another muffin recipe

rich in the flavor of peanut butter

HERE is a recipe for muffins we want you to try. Their delicious nutty flavor will, we are sure, bring forth exclamations of approval from the whole family.

Beech-Nut
Peanut Butter Muffins

2 cups flour	¼ cup Beech-Nut Peanut Butter
4 teaspoons baking powder	1 egg, beaten
½ teaspoon salt	1 cup milk
¼ cup sugar	2 tablespoons butter, melted

Mix and sift the dry ingredients. Rub into them the peanut butter with tips of fingers. Add the milk and egg gradually. Beat well, add the melted butter. Bake in hot, well-greased muffin pans in a rather hot oven (400° F. to 425° F.) twenty to twenty-five minutes.

When you've made these muffins we know you'll want to send for our leaflet of many other dishes and cooked foods to which Beech-Nut Peanut Butter imparts a tempting and entirely new flavor. Just fill out the coupon below.

Beech-Nut Peanut Butter

BEECH-NUT PACKING CO. C-5-29
Canajoharie, New York

Please send the FREE folder featuring new Peanut Butter recipes.

Name_____

Street_____

City_____

Mother . . . Accept This Outfit

Build Up Your Child This Summer

FREE—*50c Shaker*
with 3-Day Trial Package
NOTE COUPON

Add a pound a week in weight—Correct Nervousness Appreciably—An Utterly New-Type Food-Drink from Switzerland That Increases Weight a Pound or More a Week and Curbs Nervousness Remarkably—Use Coupon for 3-Day Supply and Free Shaker

YOU have probably heard people talk about Ovaltine; but may never have tried it for your children. The offer below is made to induce you to try it. New to America, 20,000 doctors are advising it.

The discovery of Swiss Science—world-leader in child health—it is credited with many remarkable results. So remarkable that its use has spread over 54 different nations.

It may make your child over this Summer—or it may not—one can never tell. But, in light of its effects on other children—it deserves a trial.

What Ovaltine Is

Ovaltine is a food-drink UTTERLY DIFFERENT from any other known. A scientific food concentrate not remotely to be confused with "Chocolate" and "Malt" drinks common in this country.

Developed 37 years ago by a famous Swiss Scientist, Ovaltine contains, in highly concentrated form, practically every single vital food element necessary to life.

Due to an exclusive process, employed by no other food-drink known, it supplies those vital elements in such easily digested form that a child's system will absorb them even when digestion is impaired.

How It Acts

Some of those elements in Ovaltine build bone and muscle. And thus create new strength. Others build firm flesh. And thus constantly increase weight. Others develop nerve poise; for, as weight increases nervousness perceptibly decreases.

Other elements (such as iron, lime, and phosphorus), foster richer blood. And thus combat conditions of anemia. All are supplied in scientific ratio to meet the body's needs. That is why results are often so astonishing.*

Digests Starches

Then, too, Ovaltine has high diastatic power. Which means the power of digesting the undigested starches from other foods eaten.

Thus, this scientific creation not only furnishes tremendous food energy in itself, but greatly increases the effectiveness of *all* starch food your child eats. Such as oatmeals, bread, potatoes, etc., which comprise over half the normal child's daily diet. Consider what this means.

Get Ovaltine at any drug or grocery store. Or send coupon for 3-day supply and *free* shaker. Note the difference in your child's weight; in nerve poise, in greater strength and energy. Find out, for your child's sake, what this creation means to you and yours. Give at breakfast, always. Give at meals and between meals to increase the effectiveness of ordinary diet. Delicious as a cold "shake-up" drink. Results will surprise you.

*NOTE: *Thousands of nervous people, men and women, are using Ovaltine to restore vitality when fatigued. They take it hot at night, too, to insure restful sleep. During the Great War, it was a standard ration prescribed by the Red Cross as a restorative food for invalid soldiers of all nations.*

"We Tried It from Curiosity"

MY 7½-year old daughter was about 12 pounds underweight. Then we tried the food-drink Ovaltine. She drank it down eagerly and asked for more. She has gained three pounds already and is taking 4 glasses of Ovaltine a day.
A. J. Rosenstein, 137 Third Ave., Brooklyn, N.Y.

OVALTINE
THE SWISS FOOD-DRINK

MAIL FOR 3-DAY SUPPLY *and* FREE SHAKER

THE WANDER COMPANY, Dept. D-5 C
180 N. Michigan Ave., Chicago, Ill.

I enclose 10c to cover cost of packing and mailing. Send me your 3-day test package of Ovaltine and *free* Shaker. (This offer not applicable in Canada)

Name.....
(Please print name and address clearly)

Address.....

City..... *State*.....
(One package to a person)

The *EYES* of the *HEALTH SQUAD* Must Never Close

This new food combination provides the four vitamins that protect your child

A FAMOUS detective agency operates on the laconic slogan, "We never sleep." The same words could well be applied to vitamins. Like the police, they must be on the job twenty-four hours every day. Let any one of them be absent from your child's body, and he becomes the prey of lurking disease.

Today, you can make sure of a sufficiency of vitamins in your child's diet. A famous biological chemist (name and copies of his report furnished on request) reported that a simple food combination, made by adding Maltine With Cod Liver Oil to orange juice, contained the four vitamins—A, B, C and D—in adequate quantity for health and normal growth.

Thirty per cent of Maltine With Cod Liver Oil is pure vitamin-tested cod liver oil. But cod liver oil, by itself, is not enough. It furnishes only Vitamins A and D. Maltine, a concentrated extract of the nourishing elements of barley, wheat and oats, supplies Vitamin B—orange juice, Vitamin C.

It is a pleasant and easily digested drink. Simply add Maltine With Cod Liver Oil to orange juice and you automatically take all the guesswork out of your child's daily menu. Keep a bottle in the kitchen cabinet and give it to your children regularly.

"The Doctor Talks About Vitamins" is available free

Leading doctors have called this well-written booklet one of the most valuable contributions to the literature on vitamins. Its every-day language is interesting as well as authoritative. May we send you a copy? The Maltine Company, Brooklyn, N. Y. Established 1875.

The A B C's of vitamins

A "OFFICER A" *is essential to normal growth and helps protect against certain infections, especially those that attack the respiratory system. Cod liver oil is the recognized richest available source of Vitamin A.*

B "OFFICER B" *is also necessary. Lack of Vitamin B results in loss of appetite, a cessation of growth, and the appearance of certain nervous disorders. Vitamin B is found in whole wheat grains. Maltine is rich in Vitamin B.*

C "OFFICER C" *prevents scurvy. Orange juice is everywhere recognized as very rich in Vitamin C. That's why we recommend this policeman.*

D "OFFICER D" *enables the body to use the minerals contained in food. A deficiency of Vitamin D causes rickets, that weakener of child bones. This factor is meager or lacking in all our ordinary foods. Cod liver oil is nature's gift of rich Vitamin D.*

Maltine®
WITH COD LIVER OIL

Accepted by the Council on Pharmacy and Chemistry of the American Medical Association

The Ups and Downs of Adolescence

(*Continued from page 46*)

watching carefully for signs of nervous or physical strain. With the appearance of any indication of over-doing, such as easy fatigue, lack of appetite or broken sleep, the physician should be consulted and asked to help with the problem. Above all, we must not give the boy and girl the impression that we are not in sympathy with their desire for physical activity, for that would immediately put us in the class of "old fogies" in the mind of critical youth.

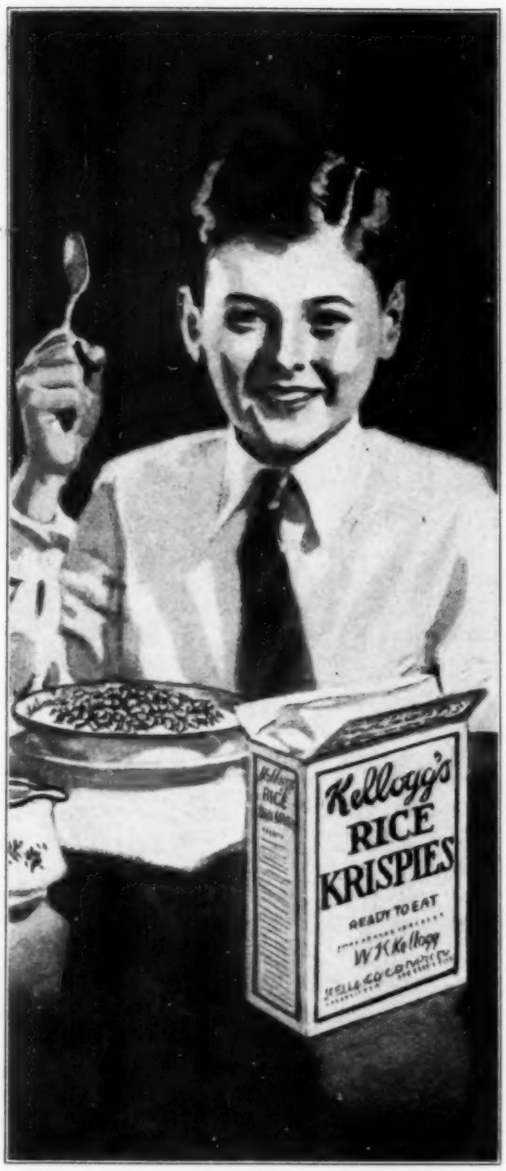
One of the most important physical requirements of adolescence is sleep. Sleep gives the body a chance to catch up with itself, and helps to smooth out the mental wrinkles. Nine or ten hours a night should be the rule for all adolescents. It is not always an easy rule to follow because of all the interference from social doings, school work, movies and athletics. But the wise parent insists that no social activities shall take place during the evenings of the school week; instead, Friday and Saturday should be reserved for them. Such a rule should be made by agreement between both parents, and enforced with as little irritation as possible.

AND now, what can we do to smooth over the emotional ups and downs of this period? First of all, we can throw away our critical attitude toward the younger generation, and we can make ourselves remember that youth today is no different, fundamentally, from youth in any age. The seeming difference lies entirely in the time in which youth is growing up. We bicycled, they motor; they motor and their children will airplane. And so it goes. Times will change, but youth will be youth, differing only in its forms of self expression, not at all in its fundamental urge. So we must abandon our complacent smugness about our own dimly remembered adolescence.

And secondly, we can take advantage of the child's desire to govern himself by allowing him more and more responsibility in matters which concern him. To talk things over with him, to ask him what he thinks of this and that, is to feed his inflated ego with the food it craves. We should replace the nagging, infuriating method of dealing with the adolescent with an appeal to his reason as a sensible human being. If we go about the thing carefully and subtly we can guide and direct him in his decisions without offending his self-esteem.

And lastly, we should let him experiment with life and his relation to it. He will learn from the trial and error method what we can never hope to teach him by mere verbal admonitions. For instance, a child can never learn to handle money by being talked to about it. He should if possible have his own monthly allowance with which he pays a specified part of his expenses. A boy I know started when he was six with an allowance for pleasures. At ten he

(*Turn to page 50*)



No! you never have to coax them to eat

CHILDREN love the tempting taste of Kellogg's Rice Krispies. And they are simply fascinated with the way this new cereal pops and crackles when they pour on the milk or cream. No wonder they are always ready for a bowlful.

Golden crisp rice bubbles. That's Rice Krispies. Packed with the nourishing elements of toasted rice.

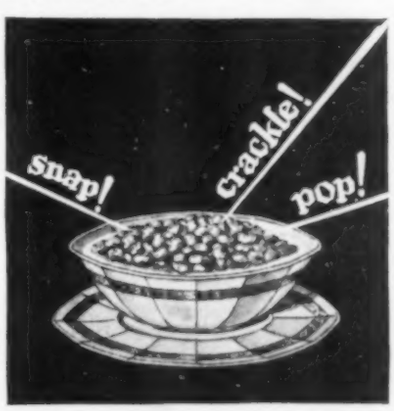
Ideal for the children's evening meal as well as breakfast or lunch—because so easy to digest. A nice bowlful certainly makes the milk disappear. Delicious with fruits or honey added.

Use Rice Krispies in many ways. To make wholesome macaroons and candies. To sprinkle into soups. To butter and serve like pop corn. Recipes on every package.

Order from your grocer. And eat some plain—right out of the red-and-green carton. That's how good Rice Krispies are. Made by Kellogg in Battle Creek.

Kellogg's®

RICE KRISPIES



Write the Home Economics Department of the Kellogg Company, Battle Creek, Mich., and we will be glad to send free literature and advice on child feeding and diet. Your own physician should always be consulted in the event of ill health and sickness—ours is in no sense a medical service.

That appetite . . .

OF COURSE she's "hungry as a bear" after hours of play in the spring sunshine!

Don't spoil this healthy young appetite! Give her simple, wholesome dishes, and make them so tempting and attractive that grown-up foods quite lose their interest in comparison.

For instance—children long for such things as little cakes with rich, heaped-up frosting! But, a simple cake with a heaped-up top of jelly meringue gives them just as much pleasure. And a wee fruit pie made with one crust of biscuit dough will look and taste as thrilling to a child as the richer one that "Daddy" is eating.

Well-baked raisin bread or an attractive peanut butter loaf will add interest and variety to your children's menus. These fruit loaves are wonderful for sandwiches and picnic sweets, too. And quick loaf breads made with *Royal Baking Powder* are most healthful. For cream of tartar, the quality ingredient in Royal, is pure and wholesome. This is the reason Royal Baking Powder is recommended when baking for children. And you can depend on Royal. It always leavens perfectly.

Royal, the Cream of Tartar Baking Powder. Absolutely pure.

FREE—The Royal booklet "Making Biscuits" containing recipes for Peanut Butter Bread, Biscuit Shortcake and other delicious quick breads, biscuits and muffins. Mail the coupon for a free copy.

The Royal Baking Powder Co., Dept. E
121 East 42nd Street, New York City

Please send me a free copy of the booklet "Making Biscuits"

Name_____

Address_____

City_____ State_____

The Ups and Downs of Adolescence

(*Continued from page 48*)

was buying his own school supplies. At fifteen he paid for his clothes in addition to pleasures and school books. When he went away to college his father gave him each year one check, large enough to pay all his bills, including tuition, for that entire year. He knew that he would have to keep within that amount or leave college and go to work. He always had a job during the summer and in this way learned that money is something we get in return for service and not the material which lines the pockets of every boy's father. Money is a commodity which every one who hopes to lead a successful, self-governed life must learn to handle and there is no better time for learning than in adolescence. This is a time for trying and failing and trying again, a time for breaking away from apron strings.

Adolescence is a period of preparation for maturity. It should foster increasing self-reliance and a broadening of horizons if it is to fulfil its purpose of preparing the boy or girl for successful living.

Learning to Love Music

(*Continued from page 28*)

of introducing music in the home. Here it is more difficult to select and we are apt to simply "turn it on" without reference to what we are to hear. Children older than seven or eight can easily be interested in listening for the swing and keynote by means of the radio. Recently a child of twelve called out to her mother, "Mother, that must be Tschaikowsky, isn't it?" "How do you know, Estelle?" asked the mother. "Oh, he always uses those chromatic intervals." Over the mysterious radio come symphonies of Beethoven and Dvorak and Schubert. How easily we could sit and try to make pictures of the theme or tune and so be able to remember them long after the concert is over.

To store up these immortal tunes called motifs, what a provision for a rainy day or a trying experience. Consciously to hear even the simplest melody means that an entrance to the inner world of harmony has been made. Thus do we straighten out some of the inharmonies of our natures, align ourselves with music lovers the world over, and become conscious of our true selves.

Any mother can start a singing hour and teach her children:

(1) To listen inwardly,
(2) To swing the body—rhythm,
(3) To clap time,
(4) To follow pitch on the blackboard,
(5) To show length of sounds on blackboard,
(6) To hear the keynote,
(7) To sing scales and tunes,
(8) To make up simple words and simple tunes,
(9) To know three fundamental chords,
(10) To memorize tunes and motifs, and thus to know and love music.

NOW—
where is the Child who "HATES MILK?"

What about that little tot in your home? He drinks milk, of course. But does he drink enough milk? Do you have to watch him and see that he always finishes his glass? Is his weight what it should be? The easiest way to get your child to drink more milk is to mix his plain milk with Thompson's "DOUBLE MALTED" Malted Milk.

All children love Thompson's. It takes the monotonous taste of plain milk and makes it delicious, creamy and smooth. It takes the food value of plain milk and doubles its nourishment. And it takes the body of an underweight child and helps to build it up quickly to healthful normal weight. For unlike ordinary malted milk, Thompson's is "DOUBLE MALTED".

It makes plain milk easier to digest. Helps to strengthen teeth and muscles. And by building normal weight it helps to eliminate all the nervous handicaps of underweight. Your druggist or grocer has Thompson's "DOUBLE MALTED" Malted Milk—Chocolate Flavored or Plain. Make it quickly and easily at home—30 servings to every pound.

Special Shaker Offer

**THOMPSON'S MALTED MILK CO.
Dept. 62-10, Waukesha, Wis.**

Please send me a large size, 75c value aluminum shaker, and a sample of Thompson's "DOUBLE MALTED" Malted Milk. I enclose only 25c to cover packing and mailing costs.

*Name*_____

*Street*_____

*City*_____ *State*_____

Think of the blessed convenience of a table salt that *never* lumps, cakes or hardens . . . that pours as freely in humid or rainy weather as in dry! Morton's Iodized Salt does this because it's made with cube-shaped crystals which tumble off one another instead of sticking together like the flake crystals of inferior salts.

Yet this is not the only reason for using Morton's Iodized Salt. It also saves children from simple goiter . . . a widespread cause of lack of vigor, irritability and mental backwardness. Made by an 80-year-old company famous for its insistence on quality, physicians pronounce it one of the safest and surest of goiter preventives. Try it!

IODIZED FOR GOITER PREVENTION, ALSO PLAIN

Evelyn Herbert
star of
"New Moon"

"In the Brambach... the tone is ideal for accompanying the singer"..... —EVELYN HERBERT *says of the...*

Hand-made in Mahogany
Style B, only 4 Feet 10 Inches
Long. F. O. B. New York . . $675

BRAMBACH
BABY GRAND

YOU, TOO, will be delighted with the sweetest tone ever bestowed on a little grand piano of popular price. Tone that never could have been imparted to such a compact baby grand without the exclusive features of the world's largest makers of small grand pianos.

The heart and soul of a piano—the sounding board—in a Brambach exceeds in area and in string length that found in any other small grand. It is guaranteed unconditionally. The Brambach Tone Expander amplifies volume until it rivals instruments much larger in size...the Brambach Piano Scale is acknowledged the finest made.

Brambach dealers are prepared to exhibit not alone the beauty of Brambach tone, but the surprising beauty of cabinet work in Modern and Period models. Terms of purchase you will find very, very liberal.

The Brambach Piano Co., Mr. Mark P. Campbell, Pres.
627 West 51st St., New York City.

Gentlemen: Please send me paper pattern showing exact size of the Brambach Baby Grand, and beautiful brochure.

Name.....

Address..... City.....

Out of the MOUTHS OF BABES

One dollar will be paid for each child's saying published in this department

"IT'S time for good boys to be in bed," said Mother to Billy.

"But, Mother," said the child, "don't you remember that I wasn't good today?"—*Mrs. C. C., Chicago, Ill.*

LITTLE Ben had been taught that whenever he had visitors he should be very polite and pay them some attention.

One day a Mrs. Daniel, who had been asked to lunch, arrived and Ben thought this was a good time to test his manners.

"How do you do, Mrs. Daniel?" he remarked in his best manner. "So pleased to see you. Has your husband gotten out of the lion's den yet?"—*M. Z., Kansas City, Mo.*

HENRY is always wanting to know the ages of all the grown-up people around him. One day he looked at his mother and said very reflectively, "Mother, will you last till I grow up?"—*Mrs. F. W., Baltimore, Md.*

WHEN our new neighbor saw several children playing about the house, he asked Herbert, aged five, how many children we had. Herbert promptly replied, "Five, counting the girls."—*M. L., Lexington, Ohio.*

LITTLE Mary Jane was sitting on her uncle's lap telling him about her wonderful new dolly. Suddenly she slipped off his knee, announcing she would bring the doll for him to see. Her uncle smiled and thanked her, and as she reached the door the child turned and remarked, "Don't let anyone take my seat while I'm away, will you, Uncle John?"—*O. M., Columbus, Ohio.*

BABY was crying constantly. My mother explained to my little sister, five, that he was expecting his first tooth. A neighbor, dropping in to inquire how the baby was feeling a few days later, was told by my small sister, "Oh, he's fine now. You see, he's got his tooth that he's been crying for."—*J. W., Kearny, N. J.*

"CHILDREN," said the teacher to her first-grade pupils, "let's see who can be the quietest."

Eric raised his hand, "But, teacher," he objected, "if we're all quiet, how can you tell who's quietest?"—*Mrs. E. L., New Haven, Conn.*

THE kindergarten class had been acting out the story of the wolf who said "Little pig, little pig, let me come in," and the little pig who answered, "Wait until I warm my feet."

Alice rushed home full of enthusiasm to tell the story to Mother. "The wolf said, 'Little pig, little pig, let me come in,'" she related, "and the little pig said, 'Not now, I've got cold feet.'"—*Mrs. P. K. K., Detroit, Mich.*

An interesting booklet, "Writing with Type," tells you more about this modern educational idea. May we send you a copy?

The KEYS to Easier Writing Spelling and Reading

YOU give these modern educational keys to your child when you supply him with a Portable Typewriter as an aid in all of his primary studies.

Learning to write with type really is fun for the little student. Quick, clear results are easy to obtain. Tapping the keys is a pleasant and natural occupation, and the letters and words produced are just like those which the child sees in books!

Right there the child finds priceless inspiration to further effort, and every word he types is speeding him along the three basic lines of learning,—writing, spelling and reading. Investigate and the facts will convince you.

WELL-KNOWN EDUCATORS SAY:

"Initiative is fostered . . . not by scolding, not by bribing . . . but by making the every day tasks of childhood more interesting."
ANGELO PATRI
PRINCIPAL, PUBLIC SCHOOL 45, NEW YORK CITY
"School and Home"

". . . the method of writing in the early stages must be simplified and made as easy as possible."
FRANK N. FREEMAN
UNIVERSITY OF CHICAGO
"Primary Handwriting," p. 139, Vol. 5 of "The Classroom Teacher"

"The objectives to be obtained in writing are legibility, speed and ease of movement."
C. A. PHILLIPS
UNIVERSITY OF MISSOURI
"Modern Methods in the Elementary Curriculum," p. 85

". . . with beginners time and effort are reduced through the use of one alphabet which will suffice for both reading and writing."
PATTY SMITH HILL
TEACHERS COLLEGE
From her introduction to "Manuscript Writing" by Marjorie Wise

---

"Parents should provide typewriters in their homes. Children who do school work at home should prepare it on the typewriter."
M. V. O'SHEA
UNIVERSITY OF WISCONSIN
"Mental Development and Education"

EDUCATIONAL BUREAU of PORTABLE TYPEWRITER MANUFACTURERS

247 Park Avenue, New York

Underwood Typewriter Co.
342 Madison Avenue, New York

L. C. Smith & Corona Typewriters, Inc.
707 East Washington Street, Syracuse, N. Y.

Royal Typewriter Company, Inc.
316 Broadway, New York

Remington Typewriter Co.
Remington Rand Building, Buffalo, N. Y.

Stop fretting over your baby

When baby cries and is restless and irritable look in the "diaper region" first: Probably "ammonia diaper" (you can recognize it by the odor) is causing red blotches of irritation. Use Mennen Borated Baby Powder quick!

Mennen Borated Baby Powder checks "ammonia diaper"

When the child's buttocks and thighs are red and sore—scalded by "ammonia" from the diaper—only Mennen Talcum will do, because it is Borated and Zincated scientifically, as a specific relief for this condition.

Your doctor will tell you of the virtues of boric acid and zinc oxide in the treatment of inflamed skin.

Mennen Borated Baby Powder quenches the "fire" in the diaper region—soothing and cooling the child's skin by helping evaporate excess moisture.

Mennen is different from all other powder because it is properly Borated and Zincated in combination with a perfect blend of purest talc. Mennen is safest for your baby!

The MENNEN Co., C H-5 Newark, N. J.

The MENNEN Co., Ltd., Toronto, Can.

FREE: *Nursery Wall Chart on Baby Care.*

This Mennen Baby Chart graphically illustrates the essential routine of baby care. It is about 3 feet long and may be conveniently hung on the nursery wall. Send for your chart—it's FREE.

The NEW Mennen Can with the nursery motif —in delicate color tones.

MENNEN
BORATED BABY TALCUM

Treasures and Trash

(*Continued from page* 30)

enough I can depend on her to look them over herself, laugh at her own extreme youthfulness of a few months before and weed out three-quarters or more of this discard. Then these things that were once treasures become trash even in her eyes and can be thrown away.

The superiority of her present age makes this possible. She likes to look over her pictures from the various years of her life, and while she thinks she was very sweet and all that, yet she realizes she was "very young."

There is the picture of Teddy Bear taken with her at less than two years. He was just her height at the time she received him, a very comfortable, companionable Teddy. And he was her very best treasure then. He ate with her, slept with her, rode with her and walked with her.

Not long ago she said, "Wasn't I a funny little kid to like Teddy so much? I think we'd better give him away to some *small* child."

And what did I do? When she wasn't around I took Teddy Bear and hid him away in the bottom of a big trunk, really frightened that she *might* give him away to someone.

I felt a sharp pang in my heart at the thought of losing that little friend who seemed to hold for me a bit of my little girl's beautiful babyhood.

Some day when it comes time for my playhouse to be cleared up, they'll find the dilapidated Teddy Bear and a few other little treasures, and someone will exclaim: "What a lot of trash that woman kept!"

Mammy's Treasuh

By Alice Hutchins Drake

Mammy's treasuh, settin' theah,
Snug up 'side thuh doh
What yoh lookin' at, mah chile—
What yoh waitin' foh?

Seein' things an' hearin' things
Mammy knows ain't theah—
She done tole yoh once befoh—
Yoh don' peah tuh cauh.

Once yoh says yoh heerd uh Voice
Low down neah thuh grass—
Says yohr shadder talked toh yoh
When yoh tried tuh pass.

Mammy were so skeered, she run;
Yoh come runnin' close;
Ketched yohr Mammy by thuh han'
Made her upset—'mos'.

Chile, yoh dreams away thuh day
Settin' heah by me,
Findin' pictures in thuh sky—
What yoh gwine tuh be?

Tell me, Lord, what's in mah trust,
Show me what tuh do;
Some o' dis yeah chile am mine,
But mos' belongs tuh You!

HEALTH—

With his Favorite Flavor

Sugar improves the flavor of so many healthful foods that true it is if you flavor with sugar, you flavor with health.

With sun on his face, wind in his hair, days calling him out to sports—yes, this is the time when his appetite is active. Answer that appetite, temptingly, with the health that gardens offer. Do this by cooking the vegetables with just enough sugar to improve their appearance and their flavor.

Don't use enough sugar to make the vegetables sweet. Simply enough to make their own flavors stand out fresh and clear.

Cook the boy's favorite vegetables with a little sugar—and see how fine and good they are. Cook string beans, for instance, with a little sugar and note that the flavor is pointed and improved. Then cook the boy's unfavorite vegetables with a little sugar—carrots, it may be. Note how brightly orange they emerge—note their appealing flavor. Sugar as a flavor enhances the natural fresh-tastes of the vegetables. It brings out their flavors subtly. It prepares for well-seasoned sauces.

Sugar is pure, wholesome, and liked. Active boys and girls need the vitamins, minerals, and roughage in the vegetables. Try the combination. These three recipes may help:

Carrot Loaf. Scrape carrots and boil in slightly sweetened water till tender. Mash, and to a pint of the pulp, add two well-beaten eggs, a half teaspoon salt, two level teaspoons sugar, one-fourth cup cream. Bake in buttered mold, over pan of hot water, in moderate oven till firm. Serve on hot platter with new peas, or white sauce. This is an interesting serving.

Onions in Cream. Peel and cook ten small onions in salted water with one level teaspoon sugar. Serve with a cream sauce made of one tablespoon butter cooked a few minutes with one of flour, add 1½ cups milk, and cook till thick, season with ½ teaspoon salt and a teaspoon butter. Boys like these onions especially with ham.

Creole Tomatoes. Cut large firm tomatoes in halves crosswise. Allow one green pepper, one onion, one sprig of parsley to three tomatoes. Chop fine, spread over the tomatoes, dot with butter, season with salt and a sprinkle of sugar, and bake in buttered pan in hot oven for 20 minutes. Remove to hot serving dish. Add one cup to the liquid in the pan, stir till hot; thicken with one teaspoon butter rubbed to a paste with a teaspoon flour. Season with ½ teaspoon salt, and one level teaspoon sugar—and pour over the tomatoes.

Good foods promote good health. The Sugar Institute, 129 Front Street, New York City.

Does the School Lunchroom Have Sanitary Straws?

MANY school dietitians, understanding the danger of infections from imperfectly washed drinking glasses, give the children Stone's Sanitary Straws through which to sip their milk and other liquid foods. Is this so in your child's school? If not, give him a package of Stone's Sanitary Straws to keep in his desk.

It's a good idea to keep Stone's Straws always on hand at home, too, for use in the sickroom or for serving drinks at or between meals. The best drink tastes better through a straw. Then too, straws prevent gulping, thereby aiding digestion. Get the handy ten cent home package today from your druggist. If he does not have it send us the coupon and ten cents (stamps or coin).

STONE'S Sanitary STRAWS

STONE STRAW CORPORATION
Washington, D. C.

I am enclosing ten cents (stamps or coin) for which please send me the handy home package of Stone's Sanitary Straws, postpaid.

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Address .....

City ..... State .....

Druggist's Name .....

Druggist's Address .....

What a Parent-Teacher Association Can Do

Wanted: Ideas!

Are you a member of a Parent-Teacher Association? If so, won't you write us of what your group has accomplished for your community? Five dollars will be paid on publication for each accepted article on "What a Parent-Teacher Association Can Do." The articles should not be more than 1,000 words in length and should describe definite projects which have been tried and proved successful—and which other Parent-Teacher Associations may undertake. Other readers of this magazine will be grateful for the help of your experience. Address Managing Editor, CHILDREN, *The Parents' Magazine*, 255 Fourth Avenue, New York, N. Y.

WHAT are some of the worth-while projects that your Parent-Teacher Association may undertake? Here is a suggestion from such an organization in Minneapolis, Minnesota, which is bound to prove interesting and stimulating to other groups.

Parents recently went to school in place of their children in Minneapolis, Minnesota, when the Parent-Teacher Association of Bryant Junior High School, Minneapolis, which has an enrolment of about 1,600 pupils, gave father and mother an opportunity to put themselves actually in their child's place and acquaint themselves with his routine, his teachers and his school plant. Educational practices differ so widely from those of a generation ago that even the youngest parents of junior high school pupils find themselves in a strange world.

Each child gave his parents a written program of his school day and a formal invitation from the president of the Association and the principal of the school. On the appointed evening more than a thousand parents reported promptly at the first class (and as a touch of realism, the tardy ones were obliged to obtain admittance slips at the principal's office) and subsequently went through the six work periods, greatly abbreviated, which are customarily attended by their offspring. As they progressed from room to room they were assigned to the child's usual seat. The teachers gave brief explanations of their subjects and encouraged questions from the parent-pupils. They directed attention to curriculum and teaching methods with the object of enlisting intelligent parental co-operation. Other occasions are regularly provided when father and mother may consult with teachers concerning the individual child and his work.

Between the third and fourth periods an assembly was held in the auditorium. E. J. Hardaker, principal, and A. H. Stofft, president of the Parent-Teacher Association, explained briefly the purpose of the plan and appealed for a larger measure of active interest from parents in school affairs. Community singing, including parodies written for the occasion, and music by the school orchestra were entertainment features. Classes were then resumed and at the close of the sixth period, in order to add a festive touch and to make the experience more truly representative of the school day, parents went to the lunchroom, where they lined up and were served in student fashion.

Those parents who participated are convinced that it gave them a first-hand insight into school conditions and teaching methods that it would have been difficult for them to attain as quickly in any other way.—*Grace K. Plant, Minneapolis, Minnesota.*

We Plan a Club Program for You

Program on CHILD TRAINING

NOW is the time to decide upon your club program for the coming club year. Let us help you. We will take off your shoulders all the work and worry connected with drawing up a list of subjects and speakers and provide you with a program that will interest every woman in your community. Thousands of clubs all over the country are taking advantage of this service which we offer free to all groups interested in child care and training.

Just how do we plan to help you with your meetings? First of all by furnishing you, free of all cost, with as many programs as you can use. It doesn't matter whether you want ten or a thousand programs. Don't hesitate to ask for them. They are artistic cream-colored folders with a hand-lettered title on the front, the back left plain, so that you may write in or have your local printer imprint the names of your officers, the time and place of your meetings or any other information you desire.

A subject is given for each month. These are based on an article appearing in the magazine for that month. An outline for group discussion of the article is also published in the same issue. Thus, your club is supplied with an article to be read aloud at the meeting, and an outline to guide study and discussion. In this way the foremost authorities on child training will contribute to the success of your meetings.

Place your order now for as many programs as you desire.

Business Success Depends on Home Training

(*Continued from page* 23)

business world, can waste years of time, delay the day when he can afford to marry, and, perhaps, make him a "misfit" for years, if not permanently, by neglecting to see that from childhood he sharpens his faculties and develops basic qualities and strengths. Some young men glide into the business world as if with eagle wings, and others have long years of grave difficulty. It is idle to talk only of "innate ability" in such cases. It is often the one with the most "innate ability" who is the greatest misfit—a misfit condition which wise home training would never have permitted to exist.

BUSINESS is a great and honorable career today. It is nonsensical to be thrilled only by early evidences of musical, literary, or artistic ability in our children. There are vast hordes of disgruntled, distorted, mediocre practitioners at these arts now, destined to inevitable disappointment and maladjustment. Why not be equally thrilled at the early evidences of a capacity for organization, or construction, or trading, or selling? Those who see facts clearly know that America's best genius has, in large measure, gone into commerce, and will continue to do so. This is a great constructive period of American history. Parents have erred either on the side of too matter-of-fact insistence on business as a career, without intelligently aiding it to be a fine modern business career, or, on the other hand, in urging their sons to be lawyers, doctors, artists, writers, or what not, in an unintelligent, often snobbish revolt from "commercialism." It seems obvious that the time is here to view business creatively; to see in it a fine and honored career, to prepare for it with care from an early age. The old captain of industry, familiar in play and novel, who finds his son a mere waster, has bungled his job as a father. The new captain of industry who has a clear vision of what high standards in American business mean to the world today, will begin early his son's preparation for the great future of enlightened commerce in America.

There is no mental discipline such as the discipline which comes through performance of a task, when the human will and the specific nature of substances, arrangement, tooling, eye measure, judgment and practical imagination are called upon to produce a unified result. The parent who does not give plenty of "chores" to a child is doing him far worse harm than he would be if he kept him from his share in the family estate. I have watched a badly spoiled boy go through a racking process of re-education, have seen him throw down his tools and break his materials in a passion, sulkily refusing to proceed. But that same boy, if he perseveres, may attain the creative sense of an artist, his sensitized, practical fingers lingering caressingly and with intuitive

(*Turn to next page*)

A tickin' in his heels an' a wigglin' in his toes...

There's a feelin' of spring all about, an' the air dances lively across the new leaves... Fish poles are slantin' careless-like on young shoulders, an' a million lazy paths are a-tickin' as the boys pass by . . .

* * *

Send them out with their strong young feet safely and healthfully clad in Keds.

Keds assure barefoot freedom without barefoot risks, because Keds have more special features than any other play or sports shoes.

Keds' special designs give young muscles real freedom to exercise and develop. Keds lace snugly, too, so the foot can't slip or chafe. Keds look neat and trim. And there's a special "Feltex" insole in Keds which keeps feet cool and comfortable. Leading physicians and gymnasts endorse Keds.

Keds are made in more than thirty different styles—in fact there's a Keds model for every sport and play purpose, and for every boy, girl, or adult.

The name "Keds" is stamped on every genuine Keds shoe. Look for the name Keds—in the best shoe stores in town.

Keds Conquest

Made with the popular crepe sole, famous for wear. A special toe cap reinforcement that will let your youngster scuff to his heart's content. "Feltex" insole.

Keds Royal Tread

has a specially moulded safety sole and reinforced toe. Tough enough to stand dragging toes and unusually hard indoor and outdoor wear. "Feltex" insole. Nickel eyelets that will not pull out.

United States Rubber Company

Keds

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At $1.00 $1.25 $1.50 $1.75 *and up to* $4.00

The more you pay, the more you get—but full value, whatever you spend

"It completely solved my problem of *how to care for my* BABY'S TEETH"

"I am recommending BABYDENT to other mothers, for it completely solved my problem of how to care for my baby's teeth."

Mrs. G. S. Alverson, Quincy, Mass.

"KEEPS BABY'S TEETH IN PERFECT CONDITION"

"My father, who is a physician, secured a box of BABYDENT for me when my baby first began to cut her teeth. My daughter enjoys having her teeth cleaned, and I like BABYDENT very much because it has kept her teeth in perfect condition, and is so easy to use."

Mrs. W. M. Young, Avalon, Pa.

"ACTUALLY ENJOYS HIS DAILY MOUTH BATH"

"BABYDENT has made the care of baby's teeth a pleasure, and the little one actually enjoys his daily mouth bath."

Mrs. Maxwell Marcus, Hudson, N. Y.

Send for FREE Sample

BABYDENT comes in the form of a mild, pure Cream with a box of sanitary Finger Applicators for applying it. It enables you to correctly care for those important temporary teeth upon which life-long health and appearance depend.

Designed expressly for babies from 4 months to 3 years, it is the *only* dentifrice approved by baby specialists, physicians and dentists as safe for baby mouths. If your baby is teething, let us send you a liberal sample without charge.

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Babydent *for* BABY GUMS *and* TEETH

Free Sample—Mail Coupon

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Dept. B-11, Granville, N. Y.

Please mail me without charge a sample of Babydent Cream and Applicator, together with informative booklet, "The Care of Baby Teeth and Gums."

Name .....

Address .....

City ..... State .....

Business Success Depends on Home Training

(*Continued from page 57*)

understanding on the complicated piece of machinery he has put together. Whether that boy is to become an artist, a lawyer, a clergyman, a statesman, or a business man, the education he has received from such an experience is of great value. All the abstract studies of principles in all the books in the world could not duplicate this knowledge; nor can it give him that creative sense, that patience, that humility, that marriage of idea and action, of dreaming and doing, which is one of the great psychic ingredients of success.

Such common training in manners and morals as punctuality, promise-keeping, straightforwardness, courtesy, reciprocity, control of temper, self-reliance, a helpful and loyal spirit, truthfulness, is astoundingly lacking in many homes. Personalities greatly misshapen in these respects are coming into the business world in droves, and experiencing setbacks. The schools never corrected these faults developed at home, and then to business passed the onerous job of making something out of this faulty and inadequate material.

I WANT, however, to go further than to speak merely of the filing off in the home of the rough edges in preparing a girl or boy for the business world. I want to speak of the special opportunity a parent has of laying the foundation of *exceptional* business success. No one seems to doubt for a moment that early encouragement of the art instinct, writing ability, musical talent, will help to spell success later on for the boy or girl whose gifts lead him to these particular fields. But is the same not true of genius for business? Will not early training and encouragement help to prepare the boy or girl for success in business? Business today is a very broad category, including research work, laboratory experiment, invention, advertising, engineering, and many other of the arts and sciences. A boy's or girl's ability to organize, to trade, to construct, to write, to sell, should be encouraged from childhood on by specific tasks and opportunities for their exercise. His reading can be gently guided along the lines of his interest. He can be taken to see such phases of business as will appeal to him. His games will help him to the fair play and co-operation that business will later require of him.

TWILIGHT

Gently she comes, smoothing away the lines of toil.
The sunset's flaming color pales beneath her finger.
Over the scars of day she throws a veil.
Through the pine-trees she whispers a lullaby—
Sleep, sleep, sleep.

—Elizabeth Anderson, age twelve.

Nazareth
CHILDREN'S UNDERWEAR

Comfortable Undergarments In the Modern Mode

Scantily cut clothes for juniors require modernly designed underwear for Spring and Summer wear.

Nazareth stylists keeping step with fashions for little folks have created a number of cute and practical garments which combine comfort and correct style in a most pleasing manner.

See these new Nazareth styles at your dealer's. Look for the Nazareth label on each garment. If your retailer cannot supply you, send us his name and we will see that you are supplied.

(Style 271 Illustrated)

Nainsook Suits at 50 cents
Nazareth makes taped and untaped suits for boys and girls, in sizes from 2/3 to 12/13. Ask your dealer for them.

Style Joy—Price 50 cents
A girl's bleached, lightweight knit step-in waist suit. Band top; no sleeves; trunk leg; taped buttons where needed. Sizes 2/3 to 12/13.

Catalog sent on Request

NAZARETH WAIST CO.
366 Broadway, Dept. C, New York City
Mills at Nazareth, Pa.

The Whole-Family House

(*Continued from page* 33)

and not at the ceiling is the ideal which we should strive for in the home, especially if we have the children in mind. Just what can we do about it then, with the known equipment on the market? Well, the first thing to do is to stop, as far as possible, the leakage of cold air into the house. This can be done by one or all of the following methods: (a) Weatherstrip all doors and windows. (b) Provide a vestibule at the front door and storm doors on all other floors which open to the outside on the west or north. (c) Close off, with doors, all stairs leading to cold attic rooms. (d) Do not have stairs, which always bring cold drafts down from the second floor, lead up from the living room. (e) Fill up with cinders or other insulating materials the space between ends of beams in outside walls to stop air currents from leaking out between bottom of baseboard and floor. (f) Cover outside of wooden-frame houses with good building paper to stop wind leakage. (g) Fill in with cinders or other insulating material all floors which project out over open porches or unheated cellars.

THE next thing to do is to deflect upward the cold air which comes through the windows by placing radiators under them. The rising currents of hot air from these heating units will lift the cold air and warm it before it drops to the floor. To be most effective, the radiator should be as wide as the window. From a point of view of efficiency, the low window type of radiator is better than the tall radiator, which is usually placed against the wall.

There is another type of radiator which, as far as the available data shows, is even more effective in keeping the floors warm, warding off cold drafts and maintaining lower temperature at the ceiling. These are made of nonferrous sheet metal, and in design are similar to the radiators used on automobiles. There is a central core in which the steam is surrounded by loosely packed, sheet-metal fins, an arrangement resembling a deck of cards held together with a stick stabbed through the middle, and each card slightly separated from the others. These radiators are called "extended surface radiators," and by comparison are very much smaller than cast-iron radiators. In fact, they are so small that they can he built inside the thickness of the wall under the window, and can be enclosed in an attractive metal grille. Thus protected, the children cannot burn their hands on them; and they take up no floor area. Small wonder these heating units have grown in popularity. And since they keep the heat down nearer the floor than do the common type of cast-iron radiators, they ought to appeal to those who are interested in maintaining warm floors for children.

As a supplementary heating arrangement an electric heater has been evolved which sprays warm air, at a temperature of 72 degrees, down

(*Turn to next page*)

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Pictured Encyclopedia

Can any MOTHER *afford to be without* COMPTON'S *any longer?*

LITERALLY millions of children now depend on it for leadership and better marks in school. And teachers say you can pick a COMPTON-trained child out of any classroom.

Compton's is the Only Thing of Its Kind in the World

COMPTON'S is the only complete set of reference works in encyclopedic form that has ever been written for children in terms of their own interest and understanding. A real ten-volume encyclopedia of complete knowledge, absolutely accurate and yet so intensely interesting in picture and story that children take these books to bed with them as they would old fairy tales.

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Fill in this valuable coupon and mail it now to our Educational Director. It will show you better than all the advertisements we can write how much COMPTON'S can mean to your children every day of their entire school lives.

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By the Experts and Readers of "CHILDREN, The Parents' Magazine"

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Here is the coupon. Mail it now

Educational Director, F. E. COMPTON & COMPANY,
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Without obligation on my part, please send me at once your big FREE Pictured Sample Section of COMPTON'S together with your FREE Questionario Game which measures the general knowledge of any boy or girl at any age. And also give me full information as to how and where I can get COMPTON'S on the easy terms you have mentioned in this ad.

Parent's Name..... Address.....

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Please check the ages of your children so we can send sample pages most interesting to them.

☐ Pre School ☐ Grade School ☐ High School

ONCE THERE WAS A LITTLE GIRL WHO DIDN'T LIKE MILK

JUST think of it! Nice cow's milk, and she didn't like it warm, nor she didn't like it cold. No wonder Mary (that was her name) was pale and thin and tired most of the time.

But all this was before Mrs. Cow and Mary got cast away on a desert island where there was only one tree and vine for Mrs. Cow to eat and nothing at all for Mary but Mrs. Cow's milk.

But such delicious milk, all due to that magic *Vanilla* Vine, you see. Mary loved it. And ever since then, she has been drinking her quart a day regularly. You see, Mother adds a little sugar and half a teaspoonful of Burnett's Vanilla to each glass to make it taste like the magic milk in the story.

You can read all about how Mary found out about Vanilla-milk if you ask us to send you a little book called *"Why the Cows Cried"* with pictures of Mary and Mrs. Cow and the magic vanilla vine, even. It is made especially for *you*.

Write now to—

JOSEPH BURNETT COMPANY Dept. C 437 D Street

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A miniature on porcelain, beautifully colored, 3¼ x 4¼ inches, including a gold-plated metal frame, with velvet back and stand.

A Priceless Possession or Ideal Gift!

These miniatures can be painted from any suitable photograph, daguerreotype, tintype or snapshot. A moderate charge will be made if original is badly faded or needs restoring. We always quote you the exact cost before proceeding with the work. This is your REAL opportunity to perpetuate in color those who are, or were, dearest and nearest to you.

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MINIATURES ON PORCELAIN AND IVORY

Portraits in oil. Old photographs copied and restored.

509 Fifth Ave., near 42nd St., New York City
Established 1884

The Whole-Family House

(*Continued from page* 59)

towards the floor. It is shaped like a table and can be moved anywhere in the room. A fan placed inside it forces the hot air downward instead of upward, as it would naturally go. As an auxiliary heater in the room, where all efforts have failed to keep the floors warm, or for use in the mid-seasons, this heater ought to be a comfort to many a mother. I mention it because it represents the trend in heating units and happens to be a pioneer in the field. More and more we shall in the future see heaters which are designed to make the floors warm and more comfortable for children. This is the direction new improvements in heating equipment are taking.

Fully as important as protecting the children from cold drafts at the floor level and deflecting heat down to them, is the problem of keeping the house from becoming over-heated in the mild days of winter. Now, when the sizes of the radiators are computed for the ordinary steam heating system, they are made big enough to keep the house at a temperature of 70 degrees in the coldest days of winter. During the warmer and average days of winter, these radiators give off the heat needed for the coldest. Enter the average, steam-heated American home, on a mild day in winter, and you will notice this overheating. But those inside grow accustomed to it, and do not realize the unhealthy atmosphere they are living in. We are apt to try to combat this overheated condition by opening a window, which immediately creates a cold draft across the floor, or else by turning off the radiator.

THAT living in a temperature over 70 degrees is unhealthful is a well-established fact. Tests have shown that physical work performed by men drops off 15 per cent when the temperature rises to 75 degrees and 28 per cent when it goes up to 86 degrees. Definite evidence has also been found of the harmful influence of moderately high temperatures, followed by sudden exposure to low temperatures, a condition similar to that of stepping from an over-heated house into the cold air of winter. The sudden change from hot to cold atmosphere, particularly when combined with drafts, produces an anemic condition of the nasal mucous membrane, a condition favorable to bacteria invasion.

Experts are agreed that the temperature should be controlled, and kept between 68 and 70 degrees for the most comfortable and healthful life indoors. This can be done very satisfactorily by mechanical methods, and is as important a matter to the home owner as installing a good heating system. That is the reason why in the drawings that accompany this article I have illustrated the thermostat as the very heart of the heating system. It is not a luxury, but a necessity.

An even temperature can be kept in the home during the winter months and over-heating be prevented by a gas-

heater, an oil-heater or an electric coal-stoker, because with any of these the fire is maintained mechanically and not by shoveling coal and turning on dampers. The gas-burner is the simplest and most automatic of the three, the oil-burner is mechanically more complicated and less fool-proof and the electric stoker is only semi-automatic. The first two require an investment of a thousand dollars or more and burn expensive fuel. The last requires an investment of about five hundred dollars and burns the cheapest fuel, buckwheat coal. If you can possibly stretch your budget, you should install one of these mechanical firing devices, especially since you can purchase them on the deferred payment plan. The release from the coal shoveling and ash shaking is a boon to any mother.

IF you must be satisfied with hand firing, then you ought to install a thermostat, which will mechanically open and shut the dampers on the fire, thereby controlling the temperature of the house. When the temperature goes up above 70 degrees, it shuts off the fire in the boiler. Heat stops circulating and the radiators cool. When the temperature gets below 68 degrees, the thermostat starts the fire again. Within fifteen or twenty minutes heat begins to circulate through the radiators and to warm the house. Such control is best with steam heat, however.

It should be borne in mind that the air which is in the steam radiators and in the pipes sets up a resistance to the circulation of steam and response to thermostatic control may not be immediate. Generally this is caused by defective or cheap air valves on the radiators which do not let out the air easily. It is therefore of the utmost importance that you install the best air valves, which will allow the air to escape and prevent it from returning for some time.

Treasure-Trove

My family just throw away so many lovely things—
I understand now why they say that riches soon take wings.
They've what they call trash-baskets set in every single room;
And really you would be surprised—I found a little broom
With just a broken handle, that will answer very well
To sweep and clean the dolly's house. And then (I hate to tell)
I found some silver paper with a very handsome card,
A piece of snappy rubber-band, some mucilage—rather hard
But still quite good for licking or for pasting pictures on—
And half a box of cracker-jack, thrown out by Uncle John!
And once I found a penny—oh, it's really very sad
How careless everybody is! But then it makes me glad
To think of all the trash-men here, and of their happy life.
Perhaps, when I am quite grown-up, I'll be a trash-man's wife!

—Edith Lombard Squires.

Every Woman

Who Manages Her Own Home

appreciates what Ben Franklin taught:

Income $1000 } = *Happiness*
Expenses 999 }

Income $1000 } = *Misery*
Expenses 1001 }

No home can be a happy home if the expenses are greater than income. No woman likes to run behind in her expenses and generally it isn't her fault. It is simply because money HAS to be spent that wasn't planned for.

Here is a "life saver"—

The John Hancock Home Budget Sheet will help you to plan your Family Expenses in a simple, sensible way.

There are lots of other benefits from this method. Send for your copy today. *It is Free.*

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Your Child too loves Atmosphere!

Make the Nursery or Playroom *Irresistible!*

IMAGINE a room with *hand painted* cut-out figures of "Little Jack Horner" and all the favorite Mother Goose or story book characters on the walls! Easier to place than pictures and so bright and lifelike. Unique yet inexpensive. Various groups from the cradle to the college age. And all dirt and dust proofed!

A special nursery group of "Tommy Tucker", "Bo Peep", "Little Pig Going To Market", etc., has been designed in cut-out figures about 18 inches high and ¾ inch thick. These are ideal for walls or borders, or to dress the tops of doors and windows, or when tacked to ordinary furniture to convert it into charming nursery effects. You will not be able to resist buying additional cut-outs if you purchase one. We have therefore priced these at $1.50 apiece. Stipulate any Mother Goose character desired with order.

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PETROLEUM JELLY

Pointers for Parents

Practical Suggestions Submitted by Readers

THE CHILDREN GROW so fast that if a bathing suit fits well one year it is too small for the next. I overcame the tight fit by ripping the shoulder seams and lengthening the suit by inserting a strip of elastic. This also gives a better exposure for sunbaths. — *Mrs. L. N., Davenport, Iowa.*

Helpful Brownies

WHEN MY CHILDREN were quite young I made Brownie suits for them, and each morning they were allowed to wear them while they helped me with the work in the house and yard. They enjoyed helping me very much when they could be Mother's Brownies. When they had been cutting paper or sewing, and scraps were left all over the floor, I used to say "Now, you Brownies, try being vacuum cleaners and pick up all the scraps." They were all picked up in no time. In weeding the new lawn we had a contest to see who could pick the most weeds by weight. This got out all but the smallest weeds. Then we counted the rest as we picked and so got the little ones. After which we made popcorn balls as a reward for all. —*Mrs. J. L. S., Glendale, Calif.*

A Shampoo Brush

WHEN I WASH the children's hair, I use a small, soft bath brush. This is a simple way to clean the scalp thoroughly, and it reaches the dust much more easily than a cloth or fingers. The brush also stimulates the circulation. Try this, and you will be delighted with the ease with which you can accomplish that trial of childhood, hairwashing.—*Mrs. H. E. A., Santa Monica, Calif.*

High Finance

OUR TWO CHILDREN, aged seven and nine, had been given small allowances from the time they entered school. We found that most of this money was spent at the candy counter of the school store. Even the attempt to have them save for some specific and much desired plaything or book failed to overcome this temptation. We found there was little incentive to depositing money in a bank, either the small banks at home or the downtown savings bank. They felt the money was gone for good, or at least that they could use it only after going through considerable red tape. This summer their father hit upon a scheme which has worked brilliantly so far. He got regular bank books from one of the savings banks, inscribed them B— National Bank, and put the name of each child upon the cover. Then he told the youngsters that they might deposit any money they wished with him. He made entries exactly as they are made in a "real" bank. He told them too that they might make withdrawals any time they wanted money, and that the money would be paid to them without question. He pays them a cent a month interest on each dollar which has stayed in the bank for a month or more. He also told them that when they had saved half enough to buy a bicycle he would pay the other half. They can scarcely wait now for "pay day"; they are so eager to make deposits in the B— National. There is a friendly rivalry to see which one can accumulate the most, and it is surprising to see how the deposits are mounting and the withdrawals lessening.—*Mrs. J. B., Des Moines, Iowa.*

A Typewriter As Teacher

THE TYPEWRITER is generally thought of as an office tool, but with my two children, Peter five and Stewart four, it proved to be an instructive toy teaching them the rudiments of reading, spelling and arithmetic. Our educational experiment with the machine began when the children were quite young. They learned to pick out the capital letters, and the lower-case letters soon followed.

Later they copied rhymes from their favorite Mother Goose book which was printed in large type and profusely illustrated. And as they gained a better sense of words and an idea of expressing themselves through words they began to write some of their childish thoughts. One day Peter wrote: "A spider frightened Little Miss Muffet away. What would she have done if a lion had sat down beside her?"

A typewriter may seem an expensive piece of machinery to allow a child to use, but we found they learn to care for it and treat it properly very quickly.—*Mrs. L. L. K., Buffalo, N. Y.*

Try Molds

MY CHILDREN became tired of cereal. Every morning, a rejected portion was fed to the chickens until one day an idea came to me. I had some individual gelatin molds. In these I poured the warm cooked cereal. At night I suggested their eating a new kind of pudding—very prettily shaped. It was eaten with pleasure. No more cereal was wasted and there was no more worry because the children were not consuming enough cereal. The older children did not care for greens in any shape. I used the same molds and turned out spinach in fancy forms. I garnished the top with mayonnaise and added a beet for color. On cool days they liked the forms heated, but when the thermometer "soared" they wanted them direct from the refrigerator.—*Mrs. L. R. P., Brewster, N. Y.*

The Cave

(*Continued from page* 31)

in the trees! Z-Z-Z-Z-Z-Z-Z-Z-Z-Z!"

We both heard the wind. I shivered and turned back along the track.

"Going to find a cave to hide in till the storm passes."

The Boss considered.

"A cave? What's a cave?"

"Better call it a day, Sir, and come along."

A small hand sought my own.

"Find a cave!" he commanded. "What's a cave?"

"A hollow place in the earth. Railroad men sometimes find them when they are laying out railroads. People in the forests sometimes live in them. Sometimes nice little animals live in them."

Eager incredulity struggled with hope.

"Is there one here?"

"There might be."

"In this room?"

"Is this a room? I thought it was a forest where a railroad was being built."

"It's a forest!" Joyously. "Find cave!"

We paused before the bookcase. Inquiring eyes met mine. I shook my head.

"Looks more like the Palisades up the Hudson."

We stopped at the fireplace.

"That would make a poor cave with a hole in its roof. I think we can find a better."

We paused before the lounge. There was something unusual-looking about the lounge. We peeked into the little room, the cosy little warm place made by the supports and the Indian blanket. Experienced railroad men know a good thing when they see it.

"A cave!" He crowed with glee. "This is a cave, Bets, this is a cave."

He started to climb in.

"Better knock," I suggested. "Somebody else may have found it first. Looks to me as though there had been Indians round here."

We knocked.

"Why, here's Old Chief Rain-in-the-Face! This must be his cave. I'll ask him if we may come in out of the storm."

"Yes, ask him."

"Chief Rain-in-the-Face, may we sit in your cave?"

"Ugh-ugh! He says we may."

We climbed. The railroad man wore a broad grin.

"Talk to Indian more," he begged, "make him say 'Ugh.'"

So the chief and I discoursed politely on the topics of the day till supper arrived. Herhonor came to the entrance of the cave and looked in. We grinned amicably at her.

"How did you do it?"

"Muzzer," said the engineer, "It's a cave, and that's Rain-in-the-Face."

Herhonor has charming manners. She smiled cordially and said she was delighted to meet him.

"Would anybody around here like a hot supper?" she asked.

(*Turn to next page*)

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The Cave

(*Continued from page 63*)

For a while it looked as though nobody wanted to leave the cave long enough to eat, but Rain-in-the-Face explained that he couldn't have his cave made all crumby and his guests courteously consented to observe the rules of cave-life and departed—to the nursery table.

For many years the cave has proved an invaluable adjunct to the nursery. It has been not only a refuge from draughty floors, but a quiet game that could be played at any time when it was essential to keep a man-of-the-world quiet and warm. In times of actual illness and even more difficult hours of convalescence, a cave is a great resource.

The ownership of the cave which we discovered that evening has changed from time to time. The Indian chief went away eventually and a well-bred family of Grizzly Bears took his place. They were always willing to share their home with strangers lost in the forest. If the bad weather continued, the cave frequently proved a meeting-ground for other animals of the neighborhood. And a general "good time was had by all." Animals, including the one for whom it was designed, seemed to like to curl up there when being read to; the architect and reader occupying a comfortable seat at the entrance. How many happy times we have had there!

"Playing cave" has never seemed to pall on Hizzoner.

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Watch for these articles

Making the Summer Vacation a Success
Happy, worth-while vacations don't just happen. They have to be intelligently planned. This article will help you with yours

After High School What?
An answer to the question which is now puzzling thousands of parents and children

The Doctor Prescribes the Baby's Clothes
And it's about time the doctor did, for clothing has an important influence on the baby's well-being

The Common Sense of Sex Education
A sane and thoughtful article telling how parents may best approach the sex education of their children

Is Being an Only Child a Serious Handicap?
"No," says Dr. Fenton, Director California Bureau of Juvenile Research
"Yes," says Agnes de Lima, from first-hand experience with 16 only children

Toys the Year 'Round
Not just an avalanche at Christmas but wise, well-budgeted toy buying at intervals is the plea of this article

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HOME MOVIES

By JOHN BEARDSLEE CARRIGAN
Amateur Cinema League, Inc.

IS it possible for the amateur to make good motion pictures? And if so, what does the equipment cost? Parents are among those who ask these questions most frequently, since they are the ones who wish to catch the unforgettable moments of childhood and to make them immortal by means of the film. It is both practical and possible for the amateur to take his own pictures and to have all the enjoyment of showing them at home. Only four articles of equipment are essential—a camera, a film, a projector and a screen. So wide is the price range for these that it is perfectly possible to assemble equipment that is within the reach of practically every family budget.

Cameras which use the new narrow-width safety film range in cost from $39.50 to $180, the price depending on the refinements and accessories incorporated in the mechanism, just as still cameras range from the inexpensive snapshot machines to the highly complex and more costly reflex types. Other camera models are listed at $70, $85, $120 and $125.

The film for these cameras comes in either 100-foot rolls at $6 or in fifty-foot rolls at $3.50, for ordinary black and white film; at $7.50 and $4 for panchromatic film, which is an improved type of black and white film which gives truer color rendition. Color attachments for cameras and projectors are also available, making possible the use of special color films which give screen pictures in natural colors. This film is priced at $6 for fifty feet. These prices all include the laboratory work on the film. When you have exposed a roll, you send it to the nearest processing station of the manufacturer from whom you purchased it and a film is returned to you ready to project, without further expense.

FOR projecting your films you may choose either a hand-cranked or motor-driven projector. The first type is available at $35 or $37.50; the same models with motors cost $75 and $55, respectively. Other motor-driven types are priced at $60, $95, $190, $200 and $275.

There are many screens of many different types offered at prices ranging from $5 to $35, depending on the size and nature of their surface.

In addition to these essentials, one accessory is of great value and is highly recommended, especially for the beginner, and that is an exposure meter. It will save so many mistakes of exposure that it will soon pay for itself. Effective types range from $8 to $12.50.

Besides showing one's own pictures, one may rent films to show at home. The sources of such film programs will be discussed next month.

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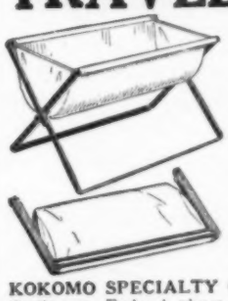

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Motion Pictures

(*Continued from page 36*)

THE DUMMY, with Chatterton, Cromwell and March (*Paramount*)—100 per cent talking. A precocious youngster employed as an office boy in a detective agency rescues a kidnaped child and wins the reward. If taken seriously, his methods of obtaining information might be open to criticism. Doubtful for young children; entertaining for adolescents.

THE FIRE DETECTIVE, with Gladys McConnell and Hugh Allan (*Pathé Serial*)—An exciting serial concerning the hunt for a gang of criminals for arson. Not recommended.

THE FLOATING COLLEGE, with Collier and O'Neil (*Tiffany-Stahl*)—The flapper wins her man in a succession of vulgar episodes involving father, who disapproves, and a sister who constantly competes. Not recommended.

THE FLYING FLEET, with Navarro (*Metro-Goldwyn-Mayer*)—Best picture to date for children, using aviation as theme. It is entertaining and thrilling and has authentic details of training at the Naval Academy. It shows the high moral and physical standards required of men in the service. Recommended for children of all ages.

HEARTS IN DIXIE (*Fox*)—Excellence in production recommends this picture. While possibly the theme is mature for children, it is within their understanding and it has cultural as well as entertainment value. Recommended for children of all ages.

LUCKY BOY, with Jessel and Quimby (*Columbia*)—A rather well done talking film modeled after "The Jazz Singer." Beyond the grasp of young children; interesting to adolescents.

NOISY NEIGHBORS, with Quinlan, Vaughn and Roberts (*Metro-Goldwyn-Mayer*)—A poverty-stricken vaudeville family inherits not only the estates of a rich Southern relative but also a feud. Fair for children of all ages.

THE OFFICE SCANDAL, with Haver and Hatten (*Pathé*)—Part talking. A worthless melodrama concerning a newspaper scandal. Not recommended.

THE QUEEN OF THE NIGHT CLUB, with Texas Guinan (*Warner*)—As title indicates, a sophisticated story of night life. Not recommended.

REDSKIN, with Dix and Novak (*Paramount*)—The problem of the educated Indian who returns to his tribe. Color photography and beautiful settings enhance the value of the picture. Excellent for children of all ages.

THE SHAKEDOWN, with Murray, Kent and Master Jack Hanlon (*Universal*)—Part talking. A crooked prize-fighter, lots of hokum, and the added interest of a freckle-faced boy who reforms his hero, provide a harmless hour's entertainment. Passable for children of all ages.

SLIM FINGERS, with Cody and Thompson (*Universal*)—A stupid and inappropriate title for a picture in which an amateur golf champion assists a girl in the theft of a famous old master. Not recommended.

Books for Parents

If Parents Only Knew, by Elizabeth Cleveland, author of "Training the Toddler," *"Children, The Parents' Magazine,"* and *W. W. Norton.* $1.75.

This is a pleasant book—a valuable handbook for parents. It is easy to read. It answers very briefly and clearly questions in which many parents are interested. It is suggestive of ways and means of helping children where many such books are content to point out a need. It presents its word cheerfully, for what it is worth to you, never dogmatically. It gives the girls a chance, gives them a place in the program of life and of education for life—where many another book has seemingly forgotten that girls are in the world. Indeed, I find much in this book that is thought provoking, challenging, hopeful.—*Reviewed by Angelo Patri.*

Hows and Whys of Human Behavior, by George A. Dorsey. *Harpers.* $3.50.

Dr. George A. Dorsey is a professional anthropologist with academic, museum, and field experience. Lately he entered the field of popular science writing and made a success with his book called "Why We Behave Like Human Beings."

In this book he gave a good account of human physiology and psychology, with strong behavioristic bias, and calmly set forth a point of view commonly held among scientists but novel and shocking to many more or less conventionally proper readers. His words came with a certain ring of authority and so a great many perturbed souls were moved to write for further light.

So Dr. Dorsey has written another book, shorter and less technical than the first, in which he gives answers to thousands of inquiries. Incidentally, the author has improved his literary style and appears to have moderated, somewhat, certain of his more extreme pronouncements. He still maintains, however, his belief that early training and not heredity accounts for practically everything in the mental and moral nature of the normal individual. There is good reason to believe that inherited factors have more to do with setting limits of possible development than Dr. Dorsey will admit; but this does not detract from the value of such emphatic insistence upon the importance of child training. Whatever the potentialities, training only can bring them to full expression.

The main subjects discussed in this book are conditioning, physiology and emotion, adaptation to particular jobs, the mystery of sleep, the tyranny of words, happiness in marriage, and civilization versus the South Sea Islands. These topics are treated in a breezy and on the whole an entertaining style; and the statements made are for the most part scientifically sound, even though the author distrusts Freud and genetics.—*Reviewed by H. M. Parshley, Professor of Zoology at Smith College.*

Just Received

Walk, Look and Listen, by Raymond T. Fuller. *John Day Company.* $2.50.

A stimulating book which suggests definite and easily acceptable objectives for nature walks with children.

Marriage in the Modern Manner, by Ira S. Wile and Mary Day Winn. *Century.* $2.00.

The aim of this volume is to be a traffic handbook for those involved or about to be in the marriage maze.

Your Eyes and Their Care, by Edgar S. Thomson, M. D. *Appleton.* $1.50.

A simple, common-sense guide to eye-health.

Music for Young Children, by Alice G. Thorn. *Scribners.* $1.25.

Helps for children on the road to music.

Parents and the Pre-School Child, by William E. Blatz, M. B., Ph. D. and Helen Bott, M. A. *Morrow.* $3.00.

A guide for these most important years of a child's life.

Motherhood in Bondage, by Margaret Sanger. *Brentano's.* $3.00.

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(*Turn to next page*)

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Parents & the Pre-School Child

By **WILLIAM E. BLATZ & HELEN McM. BOTT**

THE aim of this book, which emphasizes the fundamental importance of the child-parent relationship, is to point out ways and means of avoiding the pitfalls that lie in the way of every normal child's development. DR. JOHN B. WATSON, author of *Behaviorism,* etc., writes: "Of all the books which have been coming out on children the last few years, I think this is the best." . . . *$3.00*

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Books for Parents

(*Continued from page 67*)

of such letters reach her annually. Out of this large number she has selected some five hundred characteristic examples and embodied them in the present volume, adding but a brief preface and some pertinent comments of her own. Most of these letters are pathetic documents of human misery. Often enough they are crude, illiterate, inarticulate, but so much the more obviously sincere, so much the more spiritual, stirring and gripping. They tell of continuous hardships, and struggles, of distorted marital lives, or physical and mental anguish due to too frequent childbearings and overpopulated families, and they all end with the same refrain—a fervent plea for enlightenment, for information, for means of escaping the tyranny of unwanted procreation.

"Having kindled the hope which is expressed in the letters which daily cover my desk," says Margaret Sanger, "I cannot shirk the further responsibility of extending every aid it is within my power to proffer." Mrs. Sanger carries on. In lifting the voice of these mothers to a wider audience she has performed a signal service. She has laid bare their pathetic lives and made articulate their outcry against the ignorance, the apathy, the prejudices which surround today the problems of reproduction. — *Reviewed by Hannah M. Stone, M.D.*

The Psychology of Youth, by Jessica G. Cosgrave. *Doubleday, Doran.* $2.00.

If you find your mind wandering when, after a strenuous day of homemaking and child rearing, you sit down to read a weighty work on child psychology, you will turn with relief to this book by Mrs. Cosgrave, head of The Finch School, New York City. The author believes that the psychology of childhood, youth and adulthood can be presented in a popular way and lose nothing of its importance by such presentation. This book proves she is right. It is frankly of the "inspirational" type.

Part I deals with Problems of Childhood. (A good deal of attention being paid to the problems of parents.) Part II deals with The Problems of Youth. Many readers will feel that Mrs. Cosgrave is more at home when she discusses such subjects as adolescent adjustments, vocations and marriage than when she expresses herself as to "when spanking and whipping a child is right and necessary." Such chapters as "Are Young People Happy?" "The Problem of Family Adjustment," "The Pattern of Woman's Life," the last with its discussion of what age a girl stands the best chance of making a happy marriage, are outstanding.

In the Service of Youth, by John B. Opdycke. *Isaac Pitman & Sons.* $3.50.

Although this is a somewhat technical book, it holds a real interest for parents who are concerned with good English, spoken and written. Each chapter has a list of questions at the end which may serve as a guide for study groups.

Everyday Problems

(*Continued from page* 34)

getting to school on time to my small son. Next morning I called him to get up in good time. His clothes were in order ready to put on. His breakfast was ready, but I didn't urge him to hurry with his dressing nor call him more than once to breakfast. The first morning he was late with everything as usual and late to school as a result, but after two or three experiences of this kind he began to realize that this whole business of getting to school on time depended on him. The fact that the two or three mornings he was late he had to take the consequences at school probably helped to drive this truth home. Now he is usually dressed before his parents every morning, and is a responsible and punctual young member of society—a result which I am convinced nagging would never have accomplished.—*Mrs. L. D. K., Ithaca, N. Y.*

EDITORIAL NOTE: *The following problem appeared in our March issue and prizes were offered for the best answers. First prize was awarded to the following letter from Mrs. E. P. Rothrock, Vermillion, South Dakota. Mrs. Harold Chase Greene, Bronxville, N. Y., received second prize and Mrs. Harold F. Post, Wellsville, Ohio, third prize.*

THE PROBLEM: Bob, aged twelve, is considered a "poor sport" because he cannot accept defeat gracefully. He has many ready excuses to explain any failure. Recently he has become very quarrelsome and has been inclined to fight boys who are smaller than himself. Recently he tormented two small boys who retaliated and blackened his eye. He explained that he had fought a man six feet high. When questioned further he said that two small boys were the same as one large man.

HOW IT WAS HANDLED: If Bob is considered a "poor sport" the reasons for this state of affairs must be sought. Quarrelsomeness indicates that life is not quite satisfactory. Bob is trying to make up for something by being victor, even if it is over a smaller boy. Naturally he would try to excuse himself, for he feels he must try to preserve his feeling of self-respect.

Has Bob a strong, sturdy body? Or is he underweight and undernourished, high-strung and oversensitive? Being below par physically has much to do with one's attitude towards life. When a competent doctor has found Bob normally healthy or has shown his parents the road to follow toward this goal, other questions need answering.

Are the family standards of fair play what they should be? Do his parents admit mistakes and face issues squarely, or do they "sidestep" and excuse themselves? When they play games with Bob do they accept defeat gracefully and congratulate the winner? A sense of justice and good-will in the home is essential. Bob needs generous praise for his good points, and he needs also

(*Turn to next page*)

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Everyday Problems

(*Continued from page 69*)

to be taught to think and see straight, to acknowledge his faults and to take the consequences.

Are Bob's friends "good sports" or is he that pitiable object, a boy without companions of his own age? Any twelve-year-old boy should enjoy and profit by joining a Boy Scout troop with a good leader.

A strong body, high ideals of conduct, encouragement and appreciation, and good companions are what Bob needs to make him a "good sport."—*Mrs. E. P. Rothrock, Vermillion, S. D.*

The Importance of Being Uncle

(*Continued from page 26*)

of etiquette, I find, studiously avoids uncles as if they were taboo in the best drawing rooms, yet even the little rich girls must have uncles. As for the correspondence schools, nowhere among the ads for courses in cartooning, movie acting and hotel management, can I locate one on, *How To Be an Uncle.*

In reviewing the uncles of my own youth, I find that they fall naturally into two classes. First, the uncles who appeared only at large family gatherings, on which occasions we eyed one another with that curious detached gaze with which one views the animals at the zoo. They were creatures entirely beyond the sphere of my small world.

In the second class are the one or two rare members of the species who combined in their lovable persons the importance of Uncle Sam, the affection of Uncle Tom and the entertaining abilities of Uncle Remus. Such an uncle has a limitless fund of knowledge and boundless patience in dispensing it. He can tell a good story upon demand, or listen eagerly to one. He can fix old broken toys or make new ones, and is always turning up at unexpected times just to "play with the kid a while."

This is the sort of material of which Janet's uncle must be built. He must invoke a sense of comradeship so deeply rooted in her developing consciousness that he becomes a part of her environment, beyond the routine of daily life and discipline, yet close enough to share her little problems and her joys.

As she grows, Janet's uncle must enter naturally into each changing mood and age, shedding the prejudices and sophistication in which the years have wrapped his aging spirit, meeting her youth with youthful understanding.

When, in time, she assumes the loveliness of womanhood and the radiance of her charm illumines an ever-widening circle of friends and admirers, Janet's uncle must be content to draw aside, retaining only a tiny altar in her heart where he may worship.

And on some distant day, when I am drifting through the sunset years along the outer edges of the pool of joyous life about her, I shall be quite content to overhear, in answer to a query as to my identity, "Why, you must know who he is, *He* is Janet's Uncle."

Books for Boys and Girls

By ALICE DALGLIESH

Teacher of Story Telling for Children, Teachers College, Columbia University

STORYBOOK EUROPE, by Anne Merriman Peck. *Harpers.* $2.50.

A fine book for the boy or girl who is going to Europe or hopes to go some day. The author's own woodcuts and line drawings are most attractive and the book has a decided interest for adults as well as for young people. (Age 10 and over.)

THE BATTER AND SPOON FAIRIES, by Edna Teall. *Harpers.* $2.00.

Some girls may enjoy a book in which cooking experiences are woven into a fairy tale, but a practical-minded girl would be annoyed by the mixture of fanciful and informational material. There is, however, some interesting information about the origin of certain foods and some good recipes given in concentrated form at the back of the book. There are suggestions for forming a cooking club and a number of club programs are given. (Age 8 and over.)

CONQUERING THE AIR, by Archibald Williams. *Nelson.* $2.00.

A revised and enlarged edition of a history of aviation. The first chapter tells of the balloons constructed by Stephen and Joseph Montgolfier in the eighteenth century. The last chapter deals with the latest developments in aviation, including the Antarctic expedition of Commander Byrd. (Age 12 and over.)

PIONEERS ALL, edited by Joseph Lewis French. *Milton Bradley.* $2.50.

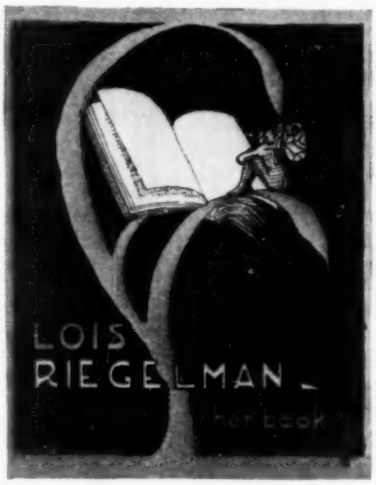
The sub-title of this book is "Achievements in Adventure." The chapters deal with the experiences of explorers, pioneers, trappers, cowboys, sailors, engineers and others. There are interesting stories and full-page illustrations in colors which are sure to appeal to adventure-loving boys and girls. (Age 10-16.)

THE CHILDREN SING IN THE FAR WEST, by Mary Austin. *Houghton, Mifflin.* $2.00.

Children of the East and West will enjoy these poems. There are poems about places, poems for special occasions and Indian chants.

JOHNNY APPLESEED, by Vachel Lindsay. *Macmillan.* $1.75.

Older boys and girls will like the swing and humor of Vachel Lindsay's poems. Some of them may be used by children as dances or pantomimes.



If a child has his own bookplate it is sure to stimulate his interest in accumulating books and in taking care of them. Here is a delightfully whimsical bookplate for a child. It is the work of Mr. Harold Riegelman of New York City, who made it for his daughter

BUGLE, A DOG OF THE ROCKIES, by Thomas C. Hinkle. *Morrow.* $1.75.

A good story by the writer of other successful dog stories. Bugle is an Irish wolf hound who has many exciting adventures. The book ends with a thrilling battle between the dog and a grizzly. (Age 10 and over.)

RED PLUME OF THE ROYAL NORTHWEST MOUNTED, by Edward H. Williams. *Harpers.* $1.75.

An adventure story of the "pass-the-time" variety with a good deal of action and excitement. (Age 12 and over.)

CLEARING WEATHER, by Cornelia Meigs. *Little, Brown.* $2.00.

Cornelia Meigs proved by her "Trade Wind" that a woman can write a good story of the sea, and this is another fine tale for boys who love adventure, the sea and ships. (Age 10 and over.)

BARE HANDS, by Hawthorne Daniel. *Coward, McCann.* $2.00.

There are many boys who seem to enjoy the Robinson Crusoe type of story no matter how improbable it may be. This particular story is interesting but seems to take its place among the most improbable in spite of the publisher's statement that the facts have been checked by an engineer and pronounced possible. Three men and a boy are shipwrecked on a desert island where they find only natural products. They finally launch a steamboat built "every inch by hand" in which they escape from the island. (Age 10 and over.)

LOST—A BROTHER, by Emilie Benson Knipe and Alden Arthur Knipe. *Macmillan.* $1.75.

A mystery story, the scene of which is laid in the South during the war of 1812. (Age 10 and over.)

MORE STORY-HOUR FAVORITES, compiled by Wilhelmina Harper. *Century.* $2.00.

A collection of stories to be read or told to children. The collection includes such well-known stories as "The Christmas Cuckoo" and "The Magic Fishbone" and others not so well known. (Ages 11-13.)

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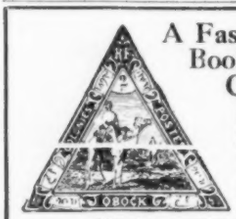

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Unspoiling the Spoiled Child

(*Continued from page* 19)

became a day laborer and finally took to drink. The parents in this case, as in so many other cases, could not understand the reason for their son's failure. In the same way a successful father often does not know why his son or daughter fails to follow in his footsteps. Yet in the light of individual psychology it is easy to understand why children of brilliant parents are so often failures.

There is a way to avoid the unhappy situation described above and all parents should understand and adopt it. Prominence in anyone, child or parent, must not be considered as due to an inherited talent. It must, on the other hand, be regarded as the result of general training. By this is meant that the child through his parents' training, his school training or the training that comes through daily living develops qualities that lead to his success. Therefore, if in a family a child is prominent through cleverness, disposition or tact, the idea must be eliminated that his favored position is due to inherited talents. Parents must say to the less favored children, "Bobby is better trained than you. If you train yourself, you can be as successful and able as he is." They must realize that the favored child's strength can be made an incentive to the slower child. This theory, which has been proved true in the clinics of Vienna and elsewhere, does away with the hopelessness of the belief that a certain child's prominence is due to inherited traits, belongs to him alone, and cannot be attained by others.

THIS rule, of course, holds true in school as well as at home. The child who stands first in his lessons becomes an example to other children, but the teacher can say to the children who lag behind the brilliant pupil, "You too can do excellent work if you try hard enough." Thus children can be relieved of the burden of hopelessness and become better adjusted to their school work and their whole lives. Examples of the beneficial effects of the application of this theory in school are too numerous to mention. One child who had failed continually in arithmetic became the best mathematician in the class under his new sense of freedom. Another one who could not recite in history grew so interested in the subject that he took a prize. In hundreds of cases the release from the old restraint of failure and despair has shown itself in added zest and increasing success in school work.

It is interesting to note how the realization that one child's prominence is due to training rather than to inherited talent clears up otherwise impossible situations. For instance, it is a well-known fact that girls up to the age of seventeen or thereabouts develop more rapidly than boys of the same age. This fact is apt to give boys who are with girls of the same age a great sense of inferiority. The conditions of a group of youthful friends will be improved if

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parents and teachers explain to the boys that their girl companions are not always going to be bigger and stronger and more agile than they. A little later on they will catch up with them. This feeling of inferiority on the boys' part has a marked influence on the system of co-education. Being in classes every day with girls who excel him in studies is discouraging to the boy. While not necessarily an argument against co-education, it is a point to be weighed in considering the education of children.

In the case of twins the sense of inferiority in one of the children is often strong. One is apt to go ahead of the other in his studies, his appearance, his general social adjustments. James, who is left behind, has a great sense of inferiority unless his parents understand the situation and can show him that it rests with him to make himself strong along the lines in which he has special abilities.

It is found that at home, in school, and in society, in general, better adjustments are made by children and adults alike who learn that they need not be hampered or discouraged by other people's progress. On the contrary, by remembering that prominent people have gained their high positions through general training, those less favored can apply themselves, discover their particular talents and achieve freedom and power for themselves.

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Every product you see advertised in CHILDREN, *The Parents' Magazine,* has been scrutinized by our experts and, in their opinion, conforms with our advertising standards. Those to which the Seal has been already awarded use in their advertisements in this magazine this special symbol in lieu of the entire Seal.

Please check this list, clip it and mail to
Advertising Department
CHILDREN, *The Parents' Magazine* 255 Fourth Avenue, New York

I have checked those products which I have used and found reliable and vote that the magazine's Seal of Approval be awarded to them. It is, of course, understood that my name is not to be used as endorsing these products, nor divulged to anyone.

	Advertised on page
☐ Battle Creek Vita Wheat	2nd cover
☐ Battle Creek Malted Nuts	2nd cover
☐ Battle Creek Protose	2nd cover
☐ Battle Creek Bran Biscuit	2nd cover
☐ Individual Dixie Drinking Cups	42
☐ Minneapolis "Bi-Knit" Sleeping Garments	45
☐ "Vaseline" Petroleum Jelly	62
☐ Pant-Ease Side Pinning Diapers	65
☐ Puddle Duck Pool	69
☐ Duplex Safety Pins	72
☐ Giant Playground Apparatus	72
☐ Q-Tips Baby Gays	76
☐ No-Byte	77
☐ The Book of Knowledge, the Children's Encyclopedia	
☐ Kitchen Craft, the Waterless Cooker	
☐ Malt-O-Meal	
☐ Pabst-ett	
☐ Pease Clothestree	
☐ The Snuggle Rug	
☐ "Vaseline" Hair Tonic	
☐ Vegetized Whole Wheat Wafers	

Other Products Which I Believe Deserve the Seal of Approval

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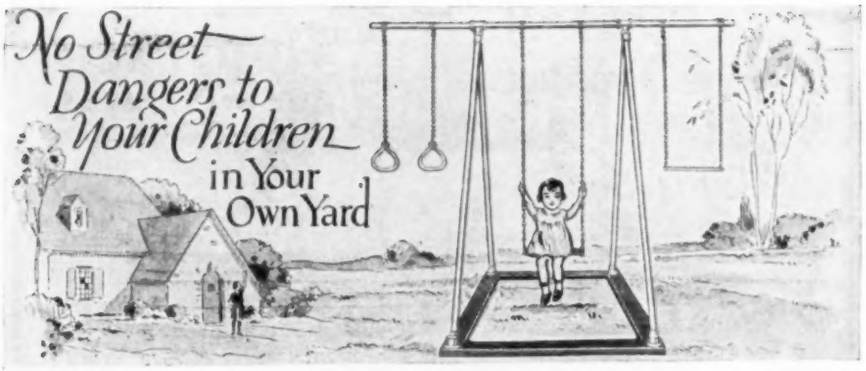
Name .....

Address .....

When you mail this coupon, why not send at the same time the coupon on page 82 for booklets and free samples offered in this issue?



THE FUN-FUL LINE

PLAYGROUND EQUIPMENT

FUN-FUL

You give your children the absorbing interest—enthusiasm—zest of healthful play—when you supply them with FUN-FUL equipment. Their play can be as mild or as vigorous as is good for them. And you make sure of the *utmost* safety when you give them FUN-FUL apparatus—with in-built strength and security at every point.

The FUN-FUL line comprises a variety of portable devices especially adapted to your lawn—simple, strong and beautifully finished. The Junior Lawn Gymnasium above illustrated is made of galvanized steel and malleable iron with wood base and swing seat. Three or four can play on it at once.

Send For Free Home Yard Booklet

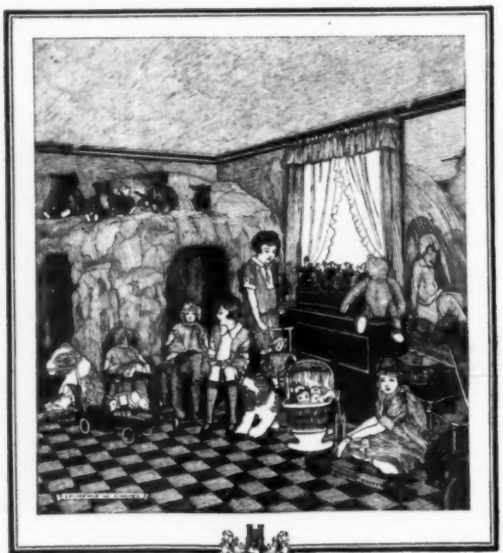
illustrating and describing Slides, Swings, Trapezes, Lawn Play Pool, Lawn Carrousel and many others. Address Division D, Hill-Standard Co., Anderson, Indiana.

Approved By the Experts and Readers of "Children—The Magazine for Parents"

Largest Manufacturers of Playground and Swimming Pool Equipment

"It pays to play" HILL-STANDARD CO.

ANDERSON *Established 1900* INDIANA. U. S. A.



The "Teddy Bear Cave" . . . .

an adorable play-room on the sixteenth floor of The Roosevelt, is but one of the pleasant features offered by this distinguished hotel. Here, under supervision, the little ones may amuse themselves all day long while Mother goes a-shopping.

Connected by private passage with Grand Central and the subways . . . Near the heart of the shopping and theatrical districts . . . Complete travel and steamship bureau . . . Special garage facilities.

THE ROOSEVELT ORCHESTRA in the GRILL

THE ROOSEVELT

MADISON AVE. *at 45th St.*, NEW YORK

Edward Clinton Fogg · Managing Director

Teach Your Child to Enjoy Milk

(*Continued from page 29*)

chipped beef, cream dressings for salads, and in the form of cream on cereals, puddings and other foods.

The child may get part of his proper quantity of milk from other milk products, such as butter, cheese, ice cream, or buttermilk. Butter is, of course, chiefly the fat of milk and it is especially rich in the important vitamin A, which promotes growth and strength. Cheese is a concentrated food, made up chiefly of the solid part of milk. Hard cheese should be grated and placed on other foods, but soft cheese, such as the cottage and cream cheeses, may be used in sandwiches and salads.

Many devices may be employed to make the drinking of milk attractive to youngsters. Special glasses or cups in place of the usual containers may cause a sudden interest in their contents. A picture pasted on the outside bottom of a glass will often induce young children to drink all of the milk in order to be able to look at the picture. Straws appeal to some children who balk at drinking from the glass in the usual way. Service in tea cups, such as mother uses, or milk in doll's cups often interests the tiny person. Paper cups, many of them decorated with attractive designs, may make the way to milk-drinking easy.

CHILDREN often prefer foods which they prepare themselves. Let your child mix up his own malted or chocolate malted milk or his own cocoa. Of course, tea or coffee are banned for children by all health specialists.

The glass of milk may also be made more interesting by the occasional addition of malted milk, either plain or chocolate. Eggnogs, with a milk base, and a little vanilla to flavor them, may likewise appeal. If sometimes fresh milk is not obtainable, evaporated milk properly diluted with water may be used. Both evaporated and condensed milk are satisfactory for cooking purposes, especially in the simple desserts described for children. Dried whole milk powder is also excellent for drinking or cooking when fresh milk is not obtainable. It is convenient to use when traveling or camping.

Evaporated milk may be used for all of the same purposes as ordinary whole milk, for it is nothing else than that, with some of the water removed. Evaporated milk comes in cans and has been sterilized in the can, so that it may be depended upon as a safe milk.

If your children learn that heroes like Lindbergh are milk drinkers and that the first thing "Lindy" asked for when he landed at Paris after his wonderful transatlantic flight was a glass of milk, they will want to imitate the intrepid aviator, and drink milk, too. Milk is not only good for infants and invalids, but a food for everyone, and its daily use helps to produce resistance to disease.

MOTHERS!

Here is an easy way to make your spare time PROFITABLE

Hundreds of our readers—busy mothers, teachers and club members—have succeeded in turning their waste spare time into an asset by receiving old and taking new subscriptions for us.

For that spare time we pay generous commissions and bonuses. Will you, as a reader and loyal follower of CHILDREN, *The Parents' Magazine*, tell other mothers about it? They will be most grateful to you for bringing them the advice of leading authorities on child care and training.

Here are two of the many comments from mothers who have a regular monthly income by working as our representatives:

"Between times and keeping busy with my family of two very young daughters I succeeded in sending 21 new subscriptions to your most interesting and attractive magazine."—H. B., Mass.

"I want to tell you of the success I have met taking orders for your magazine. You will find enclosed seven subscriptions. These I took within a block of my home in almost no time at all. I am sure I can send you many more."—F. B. W., Bedford Ohio.

What they have done you, too, can do. Don't lose a day in cashing in on our spare-time money-making plan.

Fill out the coupon and mail it NOW.

CHILDREN, *The Parents' Magazine*,
255 Fourth Avenue, New York.

I want to know how I can make my spare time earn money.

Name.....

Address.....

City..... State.....

5-29

A Lady-in-Waiting

By ROBERTA WAYNE

IT would be a weary old world without children; they bring so much joy, so much entertainment—but I'll have to acknowledge that the best of them bring a pang occasionally.

The other day the sun porch seemed to me the most inviting place, so I chose the easiest chair and settled myself for a delightful read. Then I became aware that the chattering that had been going on in a far corner had suddenly ceased. And when the chattering of three little girls ceases, something is wrong.

"Mother, are you going to read out here?" The voice was anything but cheerful. "Oh! We wanted to play here. But we can't if you stay."

I started to ask why, thought better of it and left with a smile and an apology for having intruded.

It may sound rather childish in a supposed-to-be-grown-up person, but I was hurt. And no wonder! Hadn't I been chief playmate for seven years? Now I was thrust out! It was a jolt!

My story didn't seem as interesting after that as the problem that was facing me, for I had the uncomfortable feeling that if I did not act with consideration and tact, I might be excluded altogether when she was older.

THE first thing I tried to find out was why I wasn't wanted. So I "listened in." They were playing "house." Part of the time my daughter was the mother. And I think it would be a good idea for all mothers to "listen in" once in a while. I saw myself exactly as I appeared in her eyes. The imitation was fairly flattering on the whole, but I caught a glimpse of myself that made me flush and wish I hadn't been impatient with her at times and said what I did. Evidently small daughter had stored these things in her memory for use when playing "mother." And, of course, she couldn't display this bit of parental authority when I was present!

Then there were times when she wanted to be the naughty child of the play family. I presume she was getting rid of suppressed desires! And without me around she could be naughtier than her pride would have allowed her to be in my presence.

Yesterday being a rainy day and no children in, I was permitted to be playmate. My daughter was a queen and I was a lady-in-waiting. The queen always made her requests in this manner, "Pray, kind lady, pass me my fan." I took it all very seriously, passed the fan, curtsied and kissed the queen's hand.

But another woman who had been invited to be present chuckled aloud at the "pray kind lady" request and made some clever irrelevant remark. The queen almost had a crying spell. However, with an effort, she retained her noble dignity and said, "You may retire now!" And to my delight the woman took advantage of this permission.

One reason why children do not want us around when they play is that we won't keep to the rôle. Leave them alone at play, and they will appreciate your tact and understanding.

Clapp's

ORIGINAL APPROVED
BABY SOUP
AND
STRAINED VEGETABLES

The Badge of Health Foods

In 4oz. Glass Jars

For Growing Babies

Prescribed by over 5000 specialists to supplement the milk diet, these foods save mothers 24 hours a week kitchen time. Cost less than if made at home. Ready to dilute, heat and serve. They keep indefinitely when sealed and are equally convenient to use at home or traveling.

These foods supply all the mineral salts

Clapp's BABY SOUP. An appetizing combination of Beef Juice, Vegetables and Cereals.

Clapp's WHEATHEART SOUP, a combination of Vegetables, Cereals, and the Wheat Germ which supplies Food, Iron and VITAMINE D.

Clapp's STRAINED VEGETABLES.
Spinach, Carrots, Asparagus, String Beans, Peas, Beets, Tomatoes, Prunes and Apricots. All are scientifically prepared from carefully selected materials, especially for growing babies and are immensely liked by them.

Ask your Doctor and Write Us for Dealer's Name

HAROLD H. CLAPP, INC.
1331 University Ave.,
Rochester, N. Y.

Mothers!

If you have a child between the age of 6 months and 5 years get the youngster an Ah Mah Tiny Toilet Seat

This necessary contrivance for tiny tots attaches to the regular toilet seat and, besides being convenient and sanitary, will relieve you of considerable trouble
Ah Mah Tiny Toilet Seats fit standard toilets, and are easily attached by a spring clamp They are made of 3-ply wood, and finished in 4 colors—Blue, Green, Orchid and White. Price $1.50 complete.
If your dealer cannot supply you, we will send one, postpaid, in your favorite color upon receipt of regular price

COTTON BUCKLE & TAG CO.
P.O. BOX 509 MEMPHIS, TENN.

WET FEET

SPRING is here with puddles and wet feet—then most likely a slight temperature and sickness usually follows.

Buy your children

The Busy-Kiddie
TRADE MARK

and they will have such a glorious time staying at home that their feet won't have a chance to get wet.

The "BUSY KIDDIE" is a children's gym outfit to be hung up in any ordinary doorway and it includes the Patented Hanger, flying rings, trapeze and a swing, so boys can build brawn and muscle, while little girls may swing to their hearts' content.

$7.75 PER SET

The Patented Hanger

Swing, trapeze and flying rings are all hung from this one HANGER, which can be fastened in place or released by the turn of a thumb screw. Won't mar the woodwork. Tested to 350 lbs.

See "Hanger" Hugging Door Frame

A "BUSY KIDDIE" Set—Hanger, Swing, Trapeze and Rings, complete—costs $7.75. Ask your department store, toy store, or sporting goods dealer for the "BUSY KIDDIE"—the set with the HANGER. Also sold direct.

Write for free folder

STANDARD PRESSED STEEL CO.
Jenkintown, Pa., Box 503

What Children Should Expect of Hoover

(*Continued from page 21*)

peculiarly his own—the little people of the Indian reservations. A recent investigation by the Institute of Government Research showed that Indian children are in many cases taken from their homes, herded into unsanitary buildings and fed at the pitiful rate of *eleven cents a day*—with other environmental conditions corresponding. Such a business is self-denouncing. The nation is called upon, in all justice, to put an end to such mistreatment of our Indian wards.

The issue of child labor is, for the moment at least, out of federal hands. Two acts have been declared unconstitutional by the Supreme Court of the United States. The Constitutional amendment to authorize such legislation has run hard aground, having been ratified as yet by only seven states; rejected or postponed by thirty-five. It is not technically within President Hoover's power to do anything about this; but during his term of office it will be within his power to increase immensely the intelligence and to awaken immensely the conscience of the people of the nation on the subject of their responsibility toward the children who toil.

FOR sixty-two years we have had in the Department of the Interior, under a member of the President's Cabinet, a Bureau of Education, having an increasing relation to educational activities within the States. It has been the subject of a good deal of jealousy and suspicion; the people have been very reluctant for various and intricate reasons to permit interference with local control of education. Of late a number of organizations, including the National Education Association, the American Federation of Labor and the League of Women Voters, have been urging the creation of a full-caliber Department of Education, headed by a Cabinet member. They believe that such a department could improve and enlarge the present bureau activities, in investigating school curricula, methods of teaching, school construction and hygiene, school administration, and in spreading information throughout the country. Again those who would keep education strictly within local control have opposed this as tending to centralized interference. Ex-President Coolidge favored such a Department, and Vice President Curtis, then a member of the Senate from Kansas, sponsored the bill on the Senate floor. President Hoover has not declared himself on the subject; it is a debatable question—perhaps he will debate it.

STILL larger is the highly controversial question of the establishment of a Department of Public Welfare, under the Constitutional authority of the Federal Union of States to "provide for the public welfare." This is an ambitious scheme to gather together the heterogeneous mass of activities—

Use These Handy SWABS

—for cleansing baby's nostrils, eyes, ears, navel. Q-Tips—Baby Gays are time-saving because they are cotton-tipped both ends (two swabs on each applicator). Safe because sterilized and boric acid dipped. Endorsed by physicians and nurses. In dustproof, cellophane-wrapped packages, 25c and 50c. Sold everywhere—or write Dept. 21. **Q-Tips, Inc., 32 E. 31st St., New York.**

Q-TIPS BABY GAYS

Are your children going to camp?

Or to the shore?

Or to the mountains?

DERBAC

—a unique health shampoo—

Should go along with them. Lathers and rinses thoroughly in the hardest water. Washes out salty water. Benefits the scalp. Medically approved. At your druggist's, or send us 25c for a 20-shampoo cake.

CEREAL SOAPS CO., INC.
Dept. C-1, 334 E. 27th St., N. Y. C.

CULTURED SPEECH

AT LAST! Something New!

Learn Cultured Speech and Correct Pronunciation quickly from phonograph records. Also increase your vocabulary this new easy way. Be a fluent talker—cultivated speech is a social and business asset of the first importance. This new "learn by listening" method highly recommended by leading educators. Records sent on free trial. Write for information and free Self Test. No obligation.

THE PRONUNCIPHONE INSTITUTE
3601 Michigan Ave., Dept. 3005, Chicago

Recommended PATTERNS

McCALL printed patterns may be bought at leading stores throughout the country and from CHILDREN, *The Parents' Magazine*, 255 Fourth Avenue, New York, N. Y.

No.	*Price*	*No.*	*Price*
5702	35 cents	5656	35 cents
5715	30 cents	5681	30 cents
2118	25 cents	5660	35 cents
5702	35 cents	2980	25 cents
5676	30 cents	5686	50 cents
5702	35 cents	5693	35 cents
5739	45 cents	5684	45 cents

$100.00 For Your Church

See the announcement on page 80. It will interest church leaders and groups.

Thumb-Sucking?

Jackson's Sanitary Thumb Guards will cure thumb-sucking quickly and permanently.

No. 0, $4.00 per pair *Age 6 to 11 mos.*
No. 1, $4.50 per pair *Age 1-2½ years*
No. 2, $5.00 per pair *Age 2½-3½ years*
No. 3, $5.50 per pair *Age 3½-5 years*

Nail-Biting?

"NO-BYTE" quickly cures this persistent, unsanitary habit. When applied to the tips of the fingers, "NO-BYTE" instantly forms a tough, transparent coating, unpalatable to taste. Harmless but effective. **Price $1.00** per bottle. *Add 5 cents for mailing.*

Shampoos?

Shampoo Shield is made of heavy flexible, transparent material, bound at the top and sides with rubber sponge, making the Shield water-tight when in position.

The Shield is adjustable—will fit grown-ups as well as children.

Price $1.75.
Add 5 cents for mailing.

All above articles approved by Child Specialists. Satisfaction Guaranteed by

CHILD WELFARE GUILD, Inc.
Dept. 529
Drawer U., Yale Station, New Haven, Conn.

ENTERTAINMENTS

PLAYS For Boy Scouts and Camp Fire Girls—Dialogs, Recitations, Drills, Monologues, Folk Dances, Operettas, Musical Readings, Motion & Pantomime Songs, Shadow Plays, Tableaux, Special Entertainments for all Holidays, Circus and Chalk Talk Books, Make-Up Goods, Large Catalog **Free.**

T. S. DENISON & CO.
623 So. Wabash, Dept. 27
CHICAGO

JUVENILE PLAYS AND SONGS

A handsome Gift Card will be sent in your name

A PERFECT GIFT *for the New Mother!*

When a new baby comes to the house you naturally want to give the new mother the most useful remembrance you can think of.

Thousands of our readers have chosen a subscription to this magazine as the perfect gift!

Just Detach Coupon and Mail

CHILDREN, The Magazine for Parents
255 Fourth Ave., New York

Enclosed find $2.00 for which please send your magazine for 1 year and a Gift Card in my name to

Mrs. .....

Address .....

.....

My Name .....

.....

GN59

health, educational, reformatory, charitable and whatnot—including such independent enterprises as the Veterans' Bureau and the Federal Board for Vocational Education. Under such a department would come the Bureau of Education and the Children's Bureau, and, no doubt, the activities under the resurrected "maternity bill."

THE children are not specifying in detail what they want in respect to organization. But they are crying aloud for a friend in the White House; one who will fight for them, for a living chance for the 65 out of every 1,000 born who now get no chance at all.

It was an extraordinary thing—its significance has been little remarked—that in so brief an utterance as his first inaugural address, President Hoover, surveying in compact paragraphs the whole field of foreign and domestic policies, from prohibition to the World Court, made room for an appeal for the "sixty-five." He said:

"There is an important field of cooperation by the Federal Government with the multitudes of agencies—state, municipal and private, in the systematic development of those processes which directly affect *public health, recreation and the home.* We have further need to perfect the means by which government can be adapted to human service. . . . Although education is primarily a responsibility of the States; and rightly so, yet the Nation as a whole is vitally concerned in its development everywhere to the highest standards and to complete universality. Self-government can succeed only through an instructed electorate. . . . Public health service should be as fully incorporated into our governmental system as is our public school system today."

These are fair and important words, President Hoover. Children all over the world know you as their friend. They are looking to you now to make these words good aggressively, so that history shall know you as "The Children's President."

President-Elect Hoover reviews Boy Scout troops at Belle Isle, Florida

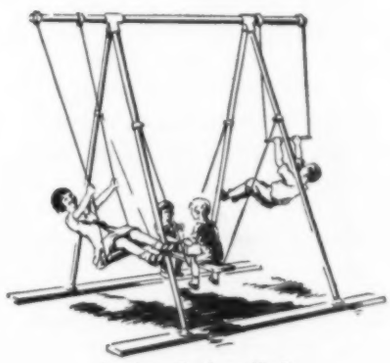
Healthy Fun for Children

MITCHELL Backyard Playground apparatus encourages happy, healthy play for children. It keeps them off the streets, away from trucks and autos, and helps them grow up with strong bodies and keen minds. This equipment is safe, reasonable in price and built to withstand many years of rough treatment.

MITCHELL BETTERBILT *Playground Apparatus*

Mitchell Kiddie Slide

The Mitchell Kiddie Slide is a lightweight portable device that will give the little tots many happy hours of healthy exercise. Can be used indoors or outdoors, requires little space and will last many years. Made in three sizes for children from 2 to 12 years of age.



Junior Swing Bob

This popular backyard playground device is built for safety as well as fun. It is portable and can be easily dismantled for moving or storage. Sturdily constructed of steel and malleable iron and attractively painted in green, red and gray.

MITCHELL MFG. CO.
1416 Forest Home Ave.
Milwaukee, Wis.

Please send your three-color catalog showing the complete line of Mitchell Betterbilt Playground Apparatus.

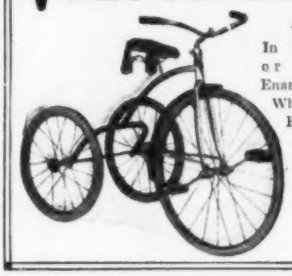
Name.....

Street.....

City.....State.....

IVER JOHNSON

VELOCIPEDES



4 Sizes
In Red, Blue or Golden Enamel Finish, White DUCO Head.
$12.50 to $18

Iver Johnson Quality is your guarantee of Strength, Easy Riding and Extra Long Service.

Being the best on the market they cost a little more but they "stand up" under season after season of hard usage.

Any Iver Johnson Agent will show you these famous products.

Send for illustrated Catalog

JUNIORCYCLES
(Sidewalk Cycles)

Drop Frame or Diamond Frame. Finish same as Velocipedes.
$25

IVER JOHNSON'S ARMS & CYCLE WORKS
103 RIVER STREET, FITCHBURG, MASS.
New York, 151 Chambers Street
Chicago, 108 W. Lake Street
San Francisco, 717 Market Street

Things *for* Children

Games, Handcraft and

Edited by the Playground and

Ewing Galloway

ONE of the pleasantest things for a child to do in the spring is to make a garden.

Besides keeping him active in the outdoors, gardening promotes industry and pride in achievement and teaches the child at first hand the miracle of growth.

Isn't there a sunny space in the backyard that could be devoted to this enterprise? Or perhaps the owner of a vacant lot in the neighborhood would consent to have some of this land tilled. If two or more children make their gardens together, the competition stimulates better effort.

For a flower garden, two or three kinds of flowers are enough. Zinnias, dwarf marigolds, alyssum, cornflowers and California poppies are varieties successfully raised by children. If vegetables are grown, concentrate also on two or three kinds. Tomatoes grown from plants started indoors, bush beans and carrots are recommended. The vegetable gardener should have a border of flowers to make his plot more attractive.

Outdoors in May

MAY is one of the most delightful months for the beauty and interest of its flowers, birds and trees. Make nature study a part of every family outing.

One nature calendar lists ninety different flowers to be seen during this month. How many can your children find and identify? Also there are many different kinds of butterflies on the wing. Try to find out which butterflies are attracted to certain flowers. This is interesting detective work.

The birds are nesting and it is fascinating to watch their domestic habits. A bird house in the yard will attract feathered tenants, and the children will like to build it. Making a camera record of the young birds from the day the eggs crack until the fledgelings try their wings will teach the children much of bird life.

Invented by a Busy Mother

WANTED: A GARAGE MAN—A rainy afternoon indoors or a bright one on the porch, and any little boy will do for the job. He must have two or three little automobiles by way of equipment. I sit down with my sewing, then we start pretending. First we must pick out a good place for the garage. Perhaps some blocks will make it. We each put in a telephone. Ding-a-ling. The garage man answers. "Have you a car to rent?" He usually has, unless he is fixing a puncture. In a few moments a car is pushed over beside me. After a lot of bargaining as to how much he is going to charge me and where he will take me, I pretend to get in. My driver starts off under the table and around the room. He usually gives me a good ride, telling me what we are passing, though sometimes he has tire trouble and makes me walk home under protest. While the mending is being done, we can have lots of telephone calls and rides. When we go visiting where there are no toys, or when we travel, a candy box will carry enough cars and with only a little of mother's attention Sonny is kept happily occupied.—*Mrs. V. B. L., Glendale, Cal.*

 All advertisements conform to standards on page 73.

to Do *and* to Make

Other Constructive Fun

Recreation Association of America

COLOR GAME—This game is as old as parenthood itself, but used by a busy mother from the vantage-point of a pleasant porch it can be made to assume many apparently new variations. Briefly, the game consists in one of a group describing the general size and color of some visible object. Anything that moves out of the line of vision, such as a passing automobile, is taboo, but any object in the immediate range of vision is acceptable.

Each child has one or two guesses, depending on how hard you want to make the game, and how many are playing it. The child who correctly guesses the object takes his turn at describing. If the object is unguessed, the one describing it must tell what it is promptly, then describe something else. For my three-year-old daughter, I describe rather simple objects, and she is thrilled every time she guesses them. For my older child I choose something harder. For instance, "cream," "gold" and "yellow" are differentiated and the size of the object is approximated.

This game is usually good for twenty minutes, when we switch to something else. For amusing a convalescent child, it is a game of games. Children play it among themselves with great hilarity. It is surprising how much color conception can be taught a child in this way. Power of description, reasoning and concentration are also quickened.—*Mrs. G. B. M., Lynchburg, Va.*

Gertrude B. Merryman

Playing the color game. Little Sister is delighted when she guesses correctly

Sign Posts Are Simply Made

Boys who own toy railroads will like to make sign posts, which add a lot to the pleasure in their sets. There is no limit to the number of posts they can have, depending on their own ingenuity and the number of grocery boxes in the basement.

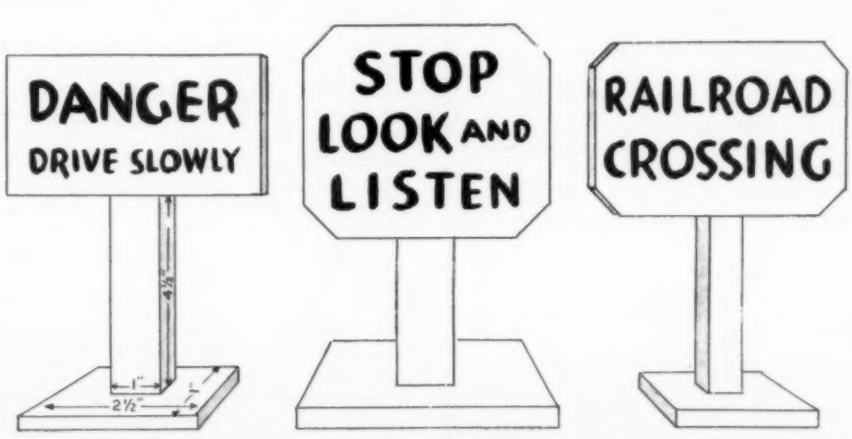
Nail a 2½ in. piece to a piece 4½ in. by 1 in., then tack on top of the longest piece, cardboard 2½ in. by 1 in., on which the sign is printed. This is a good size, though the signs can just as well be made larger or smaller. A coat of red paint finishes them. "Dangerous Curve Ahead," "Stop, Look and Listen," "Railroad Crossing," "Five Miles to Boston Store," "Main Street" and "For Sale" are a few of the many possibilities for placards.—*Mrs. O. F., Detroit, Mich.*

Group Games

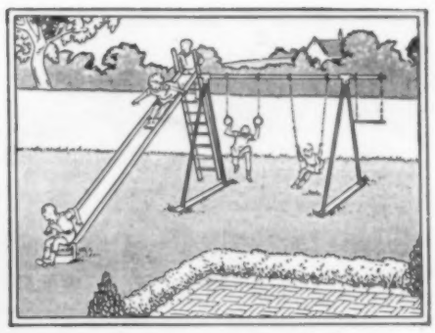
A FLOCK OF GEESE—This is a good game for small children. At the beginning of the game the children representing the geese sit in a row, while the "Market Woman" walks up and down in front of them repeating any counting-out rhyme. When she reaches the last syllable of the rhyme, the geese jump up and run, and the market woman gives chase. The one caught becomes the next market woman.—*M. H., Endicott, N. Y.*

FOX AND SQUIRREL—The players are seated in two equal lines facing one another a few feet apart. The game consists in passing or tossing swiftly some object representing the squirrel (a bean bag is good) from one player across the space to another and back

(*Turn to next page*)



A few of the many signs any boy can make for use with his toy trains



A New Way

..for Your Children to Play

WHEN we were kids there were no such things as heavy traffic, rushing automobiles, and small yards, such as confront the modern child. We had almost the whole world to play in—and we played in it.

But set up a few pieces of Everwear Happy-Time Apparatus in your yard and watch what happens. The children will spend hours upon hours on it—swinging—sliding—skinning the cat—chinning themselves—and in general putting Dad to shame when it comes to healthy, agile little bodies—and always away from dangerous traffic and undesirable companions.

Everwear Happy-Time Apparatus is as playable as though the kids themselves had planned it; as safe as human ingenuity can devise; as durable as iron and steel and well seasoned wood can be; and so compactly made that it will fit into almost any back yard. The cost is very reasonable.

See your department store, hardware or toy dealer. If he is unable to supply you, write to us direct.

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EverWear
PLAYGROUND APPARATUS

"We use your magazine in our club and our meetings have taken on new life"

writes Mrs. G. L. Foll of Ohio

The task of guiding a group through a year of study is not an easy one. The arranging of meetings, the planning of programs, and procuring authentic material on which to base the programs are but a few of the responsibilities placed on the leader.

CHILDREN, The Parents' Magazine, will relieve you of this responsibility, and will help you to make your meetings the most interesting you have had. Thousands of groups are following our course of study, and are enthusiastic in their praise of the interesting and helpful material it provides.

What group leaders say about

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The PARENTS' Magazine

"Your magazine has made the meetings of the Atlantic Mothers' Club so much better that I am sure they will want it again for their study work."

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"As a member of the Perry Mothers' Club which uses the topics prepared by CHILDREN as their study course for the year, I have seen such good results following the use of these leaflets that I desire to introduce them to the mothers of our P. T. A.

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"We are using your magazine for our club programs and are very enthusiastic over the help it gives.

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Through carefully selected literature and the personal guidance of the Director of the Group Service Bureau, you may have individual assistance in organizing groups and carrying them successfully through the year, without any charge to you.

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Things for Children to Do

(*Continued from page 79*)

again in a zigzag course. This is followed at once by a second object, representing the fox, the idea being to have the fox overtake the squirrel before the end of the line is reached.—*M. H., Endicott, N. Y.*

OUR COOK DOESN'T LIKE PEAS—Grown-ups as well as children like this game. All the players sit in a row except one, who sits in front of them and says to each in turn, "Our cook doesn't like peas: what would you give her instead?" The person must answer with some word that does not contain the letter "P." In this lies the catch! If he fails to answer at the count of five, he must pay a forfeit. This trick is difficult, even after everyone has discovered it, for words with a "P" in them are bound to slip out.

NEW BLIND MAN'S BUFF—The person chosen for "blind man" is not blindfolded. A sheet is stretched between two doors and a candle or lamp placed on a table some distance away. The blind man sits facing the sheet and must not turn around. The children pass in single file between the sheet and the light, and the blind man tries to guess the identity of each as his shadow is thrown on the sheet. The children may disguise their height and walk, in order to fool the blind man. When he guesses one of the shadows, the person guessed must take the blind man's place.

Bottle Chimes

An amusing and clever set of chimes can be made by the children from old bottles. This instrument provides excellent training for the musical ear. Any bottles will serve the purpose, but all must be the same size. Eight will give a complete scale.

After collecting the bottles, take an ordinary broomstick and rest it on the backs of two chairs. Then tie the bottles to the stick so that they hang loosely and not too close together. Now comes the process of tuning up. This is done by pouring water into the bottles, a different amount into each. More water is used for a low note and less for a high note. To get the note, tap the bottle with a stick. The edge of a ruler is good for this purpose.

With perseverance and the help of a piano, the children can soon have the bottles tuned up and ready to play. Tune the eight in succession to the notes of the scale, from middle C up to the C above. Simple tunes can then be played with the ruler. After some practice, harmony may be produced by using two sticks.

Be careful not to strike hard enough to break the bottles. It is best to set up the instruments out of doors or in a place like the kitchen, so no damage will be done if water should spill. The same idea may be carried out successfully by setting up glass tumblers on a table and filling them with different amounts of water.—*Miss M. Z., Kansas City, Mo.*

"Our club has been using your magazine ever since the first issue. We couldn't get along without it," writes the president of this group in Enid, Oklahoma

For Your Next Meeting

A Program for Discussion by Your Parent-Teacher Association, Mothers' Club or Child Study Group

Prepared by the Child Study Association of America

THE following outline for study is based on the article "The Ups and Downs of Adolescence," by Barbara Beattie, M. D., on page 24 of this issue.

How to Use This Program

Appoint a leader who will first read aloud the article on page 24. The leader should then present for discussion the various questions given below. She will next request various members of the group to take up, one by one, the Problems for Discussion. At the close of the meeting it will be found helpful for the leader to read the summary of the main points made in the article. In advance of the meeting, the various book and pamphlet references should be assigned to members of the group who will report on them at the meeting.

Ask your public library to co-operate with you in providing the books or pamphlets listed for your reading.

Questions

(1) What profound physical changes occur at puberty? (a) In weight? (b) Height? (c) In the reproductive system?

(2) What effects are these changes likely to have (a) On the child's poise? (b) On the need and desire for exercise? (c) On his need for rest? (d) On his tendency to fatigue?

(3) Is development orderly and even, or is it "jerky"?

(4) Ought we to expect changes of mood, periods of uncertainty, violent attachments, at this time, or are these abnormal?

(5) Should discipline be more strict or more lenient at this time?

(6) Is friction between the adolescent and those older and younger inevitable? If not, how can it be averted?

Points to Keep in Mind

(1) The period of adolescence occupies several years during which important changes occur, (a) In the physical structure of the child, (b) In his capacity for work and play, (c) In his interests, (d) In his outlook on life.

(2) Awkwardness and capriciousness frequently appear at this time.

(3) The developing boy or girl can no longer be treated as a small child.

(4) Whether the adolescent will reach a well-adjusted and healthy maturity depends in great measure (a) On whether he has had understanding guidance during early childhood, (b) On the outlets his activity has found, (c) On whether those about him have felt intelligent sympathy for him during his period of change, (d) On the guidance his home and school have given him.

(5) The adolescent, with his developing independence, frequently chafes under the necessity of still remaining financially dependent upon his parents for so long a period.

Problems for Discussion

(1) The eighth-grade teacher complained to Bob's mother that he was not dependable in his work nor in his attitude toward other children. For a time he would work very well and then he would slump. The mother seemed to hold the teacher largely responsible since Bob had had no such difficulties up to this time. What factors are involved in a situation of this kind?

(2) How should parents deal with a fourteen-year-old daughter who shows marked change in disposition and is inclined to be moody and temperamental?

(3) At fifteen Jim is 5 feet, 9 inches and very heavy. He plays center on the school football team. His parents are worried lest he strain himself. How can the demands of school and home be adjusted so that the boy will not be babied nor yet be subjected to undue physical strain?

(*Turn to next page*)

STEP by STEP *with Baby...!*

WITH pride and joy this climbing toddler called back to her mother as she started towards the bathroom, a few weeks after she had received her "Toidey" Steps, "Toidey' mother! But *you* don't need to come. *You don't need to come!*"

That was a great day for this child. She felt the full zest of achievement. It was a great day, too, somewhat earlier when she found herself able to climb alone to her familiar "Toidey".

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"Toideys", always useful at home, go, too, where baby goes. Fold compactly; will fit any toilet.

At all Leading Stores

Toideys, - - - $3 - $5
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Write for details and booklet, "How to train and keep baby regular."

Ask also about "Comfy-Safe" AutoSeat [Not a toilet].

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When you send in this coupon will you also send the ballot on page 73 of this issue?

For Your Next Meeting

(*Continued from page* 81)

(4) Mary is sixteen and is very eager to become a nurse. She has romantic ideas about public service and feels that the only way to happiness lies through self-sacrifice. She has few friends and makes no effort to find companions. What should be the parents' attitude? How can they best help Mary?

(5) Mr. and Mrs. Baker are worried because they seem to have lost their hold on their high-school children. As Mrs. Baker puts it, "They used to listen to everything I said and obeyed unquestioningly but now I feel constantly on the defensive." Analyze this situation.

(6) Is a mother justified in feeling hurt if her fifteen-year-old daughter seems to prefer spending the afternoon with her friends rather than to go to a matinee or concert with her mother or aunt?

Recommended Reading

THE COMING OF AGE IN SAMOA, by Margaret Mead. *Morrow.* $3.00.

THE ADOLESCENT GIRL, by Winifred Richmond. *Macmillan.* $1.25.

THE PSYCHOLOGY OF THE ADOLESCENT, by Leta S. Hollingworth. *Appleton.* $2.50.

ADOLESCENCE: EDUCATIONAL AND HYGIENIC PROBLEMS, by Maurice A. Bigelow. Nat'l Health Series. *Funk & Wagnalls.* $.30.

SEX EDUCATION: *Child Study Association.* $.10. Contains: Sex Education of the Young Child, by Benj. C. Gruenberg. Sex Education of the Adolescent Boy, by M. J. Exner. Sex Education of the Adolescent Girl, by Winifred Richmond.

THE ADOLESCENT IN MODERN SOCIETY. By Benj. C. Gruenberg. (Reprinted from CHILD STUDY, March, 1926). 10 cents.

Look Ahead!

The following books are recommended in connection with the article "The Common Sense of Sex Education," by Lawson G. Lowrey, which will appear in the June issue of this magazine.

SEX EDUCATION, by Maurice Bigelow. *Macmillan.* $1.60.

GROWING UP, by Karl de Schweinitz. *Macmillan.* $1.75.

THE PSYCHOLOGY OF MARRIAGE, by Walter Gallichan. *Stokes.* $2.00.

PARENTS AND SEX EDUCATION, by Benj. C. Gruenberg. *American Social Hygiene Assn.* $1.00.

STUDY OF MASTURBATION AND ITS REPUTED SEQUELAE, by John F. W. Meagher. *Wm. Wood, N. Y.* $1.50.

THE SEXUAL LIFE OF THE CHILD, by Albert Moll. *Macmillan.* $2.00.

SEX AND COMMON SENSE, by Maude Royden. *Hurst & Blackett, London.* $2.50 in U. S. A.

SEX FOR PARENTS AND TEACHERS, by W. L. Stowell. *Macmillan.* $3.00.

EVERYDAY PROBLEMS OF THE EVERYDAY CHILD, by Douglas A. Thom. Chap. XVII—Sex. *Appleton.* $2.50.

Health, Happiness and Safety *for* Your Children

CHILDREN must have ways to play that will give them the natural, health-building exercise they need to develop their muscles and bodies when they are growing. Merremaker Home Playground Equipment furnishes just the kind of activities that will do them the most good. They will play contentedly for hours, safe from the dangers of traffic, enjoying every minute of the time.

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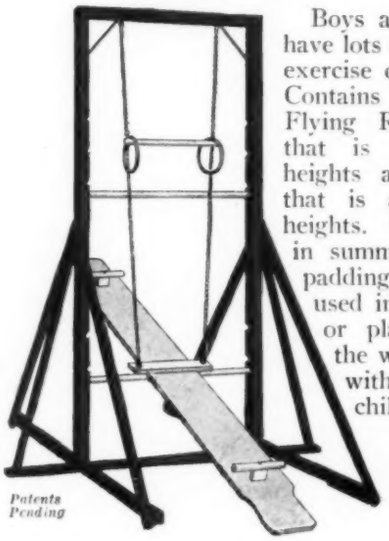
Home Playground Equipment

In use in thousands of homes the country over. Can be used indoors or outdoors, every day of the year. Sturdily constructed to stand the rough wear and tear of frolicking children. Fully guaranteed to give satisfaction.

Complete Home Playground

Combines the three greatest plays of childhood—A Slide, Teeter-Totter and Merry-Go-Round. For children of all ages. Easily changed from one play to another by the children themselves without help. Special padding allows it to be used indoors as well as outdoors. A big value at an EXTREMELY LOW PRICE.

Combination 5-Play Gym



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Boys and girls of all ages have lots of fun and healthful exercise on this 5-Play Gym. Contains a Swing, Trapeze, Flying Rings, Teeter-Totter that is adjustable to two heights and Horizontal Bar that is adjustable to three heights. Used out in the yard in summer, and has special padding so that it can be used in the basement, attic or play-room indoors in the winter. Very popular with both parents and children.

Teeter-Totter and Merry-Go-Round

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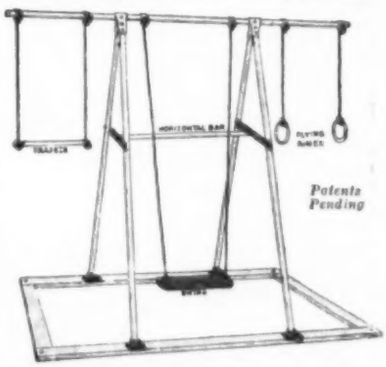
Nothing can compare with this combination Teeter-Totter and Merry-Go-Round, at its attractive LOW PRICE. One of the most popular playthings for children of all ages.

Complete Metal Gym for Homes

A well constructed set that contains a Swing, Trapeze, Flying Rings and Horizontal Bar adjustable to three heights. Can be used by several children at the same time. Guaranteed to last a lifetime. This Metal Gym can also be used indoors as well as outdoors. Easily assembled or taken down for moving.



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It is really a very simple matter to understand why the fact that Vitamin D is contained in Cocomalt is so important to mothers . . . to doctors . . . to nutritionists.

We know that children must have this precious vitamin — for without it, the milk minerals (lime and phosphorus) in their diet which go to make strong bones and teeth are not utilized by the body.

Cod-liver oil is *one* source. The direct rays of the sun are another . . . But Cocomalt offers a further advantage: it brings to your children not only the actual vitamin but the necessary milk minerals (lime and phosphorus) as well—in a delicious *natural* food that youngsters really love.

You see, milk is particularly rich in mineral salts. That's an important reason why doctors say children should drink plenty of milk. And Cocomalt not only increases the milk minerals by over half, but it also furnishes the Vitamin D which puts the minerals to work in a way that builds bones, develops sound teeth, prevents rickets (soft bones, bowed legs) and assures the steady symmetrical growth of the whole body.

More than that, Cocomalt is a completely *balanced* food. It is so rich in proteins and carbohydrates that it adds 70% more *nourishment* to milk and combines, in scientific proportions, the nourishing elements ideally suited to children . . .

A DELICIOUS DRINK THAT CHILDREN REALLY LIKE

It is a particularly happy circumstance that so vital a factor in health and vigor should be found in a *balanced* food and in a truly delicious drink.

For children *do* drink Cocomalt because they *like* it. It has a delightful chocolate flavor. You can give it to them hot or cold — for breakfast, supper and after school lunch. And mothers who ordinarily find it difficult to make their children drink the daily glasses of milk they need have discovered in Cocomalt the perfect answer to this problem.

Cocomalt should, without question, be a part of every child's diet.

You may get Cocomalt from your grocer in half-pound, pound and five pound cans. The half-pound size is 25 cents, (30 cents west of the Mississippi). If your grocer cannot supply you, take advantage of the sample offer.

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A generous sample and booklet · Send 10 cents (to cover the cost of mailing) and we will forward you a generous sample can of Cocomalt—together with a fascinating book entitled "Children of the Sun." This booklet was prepared for the R. B. Davis Company by specialists in the field of medicine and nutrition, based on their own comprehensive research work on Cocomalt and Vitamin D, the sunlight vitamin.

R.B.Davis Co., Hoboken, N.J. Enclosed find 10 cents. Send me booklet D-4 and sample of Cocomalt mentioned at left.

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